Yours in Health

Annual Report
1986
Health Department

city of Regina

CITY OF REGINA

HEALTH DEPARTMENT

P. A. HUTCHISON, M.D., F.R.C.P.(C)
Medical Health Officer

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BOARD OF HEALTH AND SOCIAL PLANNING

Councillor D.E. Hamilton, Chairperson

Councillor R.E. Langgard, Vice-Chairperson

Councillor D.J. Hincks

Councillor G. Helmsing

Councillor J. McKeown

His Worship, Mayor L. Schneider, Ex-officio

Secretary: Dana Duchin

HEALTH DEPARTMENT

Medical Health Officer	Patricia A. Hutchison, M.D., F.R.C.P.(C)
Assistant Medical Health Officer	Vacant
Medical and Pediatric Services	Dorothy Pitula-Grocott, M.D., F.R.C.P. (C) (part time)

Division Directors

Public Health Nursing Division	Janet D. Fowler, R.N., B.Sc.N., M.H.Sc.
Environmental Health Division	Michael Markewich, C.P.H.I.(C)
Public Health Nutrition Division	E. Ruth Vawter, B.Sc.H.E., P.Dt.
Biostatistician	Lynn Greaves, B.A., Dip. Ed.
Business Office, Chief Clerk	Carol J. Lewis

GOALS

Promotion of health and personal well-being

Promotion of healthful environment

Prevention of illness and disability
ON A COMMUNITY BASIS

GLOBAL OBJECTIVES

* To assess the health needs of community and individuals in Regina;

* To organize, co-ordinate and deliver appropriate community health services;

* To encourage community participation in the programs and utilization of services offered;

* To motivate individuals towards improving and/or changing life styles;

* To co-operate with other agencies providing health care and services.

* To be an advocate for health

REALIZATION OF GOALS AND OBJECTIVES REQUIRES

- Professional expertise and enthusiasm

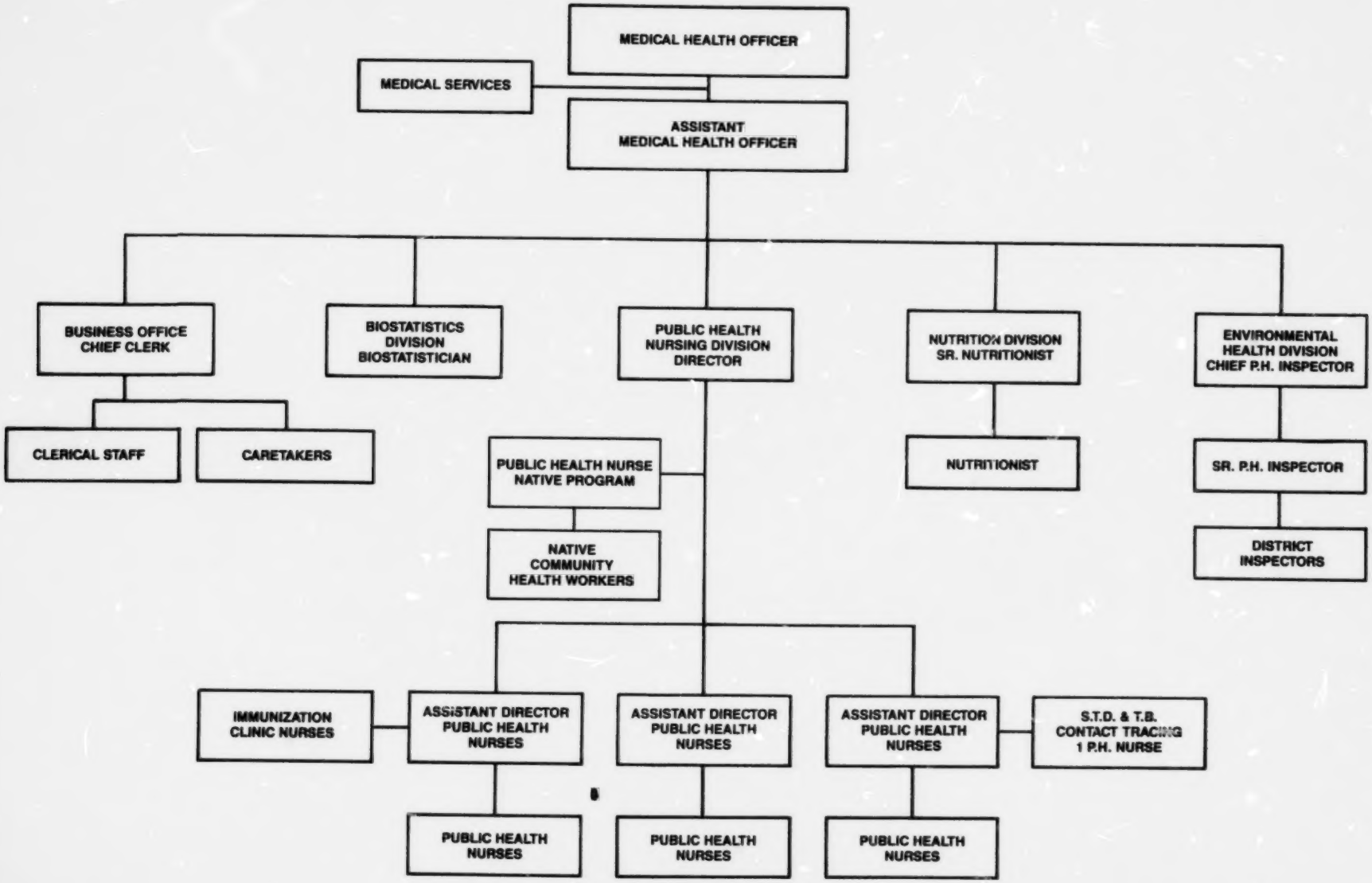
- Adequate staffing

- Adequate physical facilities

- Adequate operating budget

- Support of the community

ORGANIZATION CHART
CITY OF REGINA HEALTH DEPARTMENT



HEALTH DEPARTMENT STAFF

MEDICAL HEALTH OFFICER

P. A. Hutchison, M.D., C.M., F.R.C.P.(C)

ASSISTANT MEDICAL HEALTH OFFICER

Vacant

PEDIATRIC SERVICES

D. Grocott, M.D., F.R.C.P.(C) (part-time)

ENVIRONMENTAL HEALTH DIVISION

CHIEF PUBLIC HEALTH INSPECTOR: M. Markewich, C.P.H.I.(C)

SENIOR PUBLIC HEALTH INSPECTOR: G.A. Booty, C.P.H.I.(C)

PUBLIC HEALTH INSPECTORS:
L.O. Boris, C.P.H.I.(C)
W. Button, C.P.H.I.(C)
J.D. Klein, B.Sc., C.P.H.I.(C)
E.D. Kosten, C.P.H.I.(C)
L.H. Morgan, C.P.H.I.(C)
S. Pappas, B.Sc., C.P.H.I.(C)
M. Winichuk, B.A., C.P.H.I.(C)
E. Zinger, B.A., C.P.H.I.(C)

NURSING DIVISION

DIRECTOR: J.D. Fowler, R.N., B.Sc.N., M.H.Sc.

ASSISTANT DIRECTORS: J. Anderson, R.N., B.Sc.N.
M. Scott, R.N., B.Sc.N.
S. Rendall, R.N., B.Sc.N.

PUBLIC HEALTH NURSES: C. Anderson, R.N.
C. Biholar, R.N., B.Sc.N.
M. Bjerke, R.N., Dip, P.H.N.
F. Buzash, R.N., Dip. P.H.N.
E. Cave, R.N. (began June/1986)
R.V. Cheberiak, R.N., B.Sc.N.

PUBLIC HEALTH NURSES: continued

D. Crane, R.N., B.Sc.N.
L. Demmans, R.N., B.Sc.N.
C. Dybvig, R.N., B.Sc.N.
H. Forbes, R.N., B.Sc.N. (terminated Jan/86)
S.L. Goldie, R.N., B.Sc.N.
I. Grzesina, R.N., B.Sc.N.
D. Hartung, R.N.
G. Hebert, R.N.
E. Helfrich, R.N., B.Sc.N.
Sister R. Herle, R.N., B.Sc.N.
S. Hinds, R.N., B.Sc.N.
N. Hunter, R.N., B.Sc.N.
G. Kambeitz, R.N.,Bc.N.
N. Kot, R.N., B.Sc.N.
T. Leon, R.N., B.Sc.N.
E. Love, R.N.
E. MacDonald, R.N.
C. MacLeod, R.N., B.Sc.N.
A. Mario, R.N., B.Sc.N.
G. Milos, R.N., B.Sc.N. (terminated July/86)
S. Murray, R.N., B.Sc.N. (began July/86)
V.M. Peterson, R.N., B.Sc.N.
H. Ram, R.N., S.C.M., Dip. P.H., B.S.W. (began June/86)
M. Roth, R.N. (terminated June/86)
K. Schick R.N., B.Sc.N.
A. Soloduk, R.N., B.Sc.N.
J. Tarr, R.N., B.Sc.N.
P. Totton, R.N., B.Sc.N.
D. VanBeselaere, R.N., B.Sc.N.
B. VanWachem, R.N., B.Sc.N.
N. Wurtz, R.N., B.Sc.N.

Public Health Nurse (Native Program) — D. Wilde, R.N. (terminated May/86)

Native Community Health Workers

P. Thomson, C.H.R.
B. Smith, C.H.R.

Casual Staff:

D. Ingham, R.N., B.N.
S. Kyrylchuk, R.N., B.Sc.N.
K. McAllister, R.N., B.Sc.N.
C. Oxelgren, R.N., Dip.P.H.N.
J. Rennie, R.N., B.Sc.N.
S. Wawro, R.N., B.Sc.N.

NUTRITION DIVISION

SENIOR NUTRITIONIST: E.R. Vawter, B.Sc. H.E., P.Dt.

NUTRITIONIST: E. McLelan, B.A.Sc., P.Dt.

BIOSTATISTICS DIVISION

BIOSTATISTICIAN: L. Greaves, B.A., Dip. Ed.

QUIT FOR GOOD: Instructor, Physician, Psychologist
(Casual Staff)

BUSINESS OFFICE

CHIEF CLERK: C.J. Lewis

STENOGRAPHIC AND CLERICAL STAFF:	C. Balaski
	S. Bien
	S. Carlston
	M. Edwards
	R. McLennan
	M.M. Poncsak
	D.M. West
	E.E. Wolbaum
	N. Martinez (casual)
CARETAKERS:	G. MacDonald
	F. Medernach
	R. Shea

REPORT OF THE MEDICAL HEALTH OFFICER

It is not amiss to remind ourselves that the mission of the Health Department is the prevention of disease, promotion of health and promotion of a healthful environment. These aims are realized through a combination of health education, direct programs and legislative measures. One only needs to look at the results of some of the public health instituted programs and advances of the past 60 or 70 years to recognize their value - water chlorination, proper sewage disposal, pasteurization of milk and immunization. These have turned unhealthy disease ridden communities and individuals into healthy productive ones. One only needs to look at Regina Health Department statistics of 50 to 60 years ago to see many reported cases of smallpox, typhoid, diphtheria and polio and an infant morality rate of 70 per 1,000 live births. Today those diseases are absent and our infant mortality rate in Regina is 11 for 1986. Public health must maintain these advances and in addition meet the challenges of a more complex world. The principles of epidemiology used to control the infectious diseases must be applied to new problems such as cardiovascular disease, accidents and cancer. It is crucial that measures to prevent and control AIDS are pursued vigorously by the Health Department. Our change in social structure has led to many single parent families and to many working mothers requiring day care services. These changes have implications for preventive health services. There are many environmental concerns, as well.

It is encouraging that society appears to be gradually recognizing that preventive health measures are of major importance. Let us hope that adequate funding accompanies this recognition.

The following sections highlight the most important activities during 1986.

CITY REORGANIZATION

Council's decision to reorganize senior management and to establish three directorates, has had an impact on the Health Department in that it became a member department of the Community and Social Services Directorate. Other departments are Parks and Recreation, Community Planning, Fire, Transit and

Public Affairs. All have involvement in community and social planning matters. Directorate meetings, under the Chairmanship of the Senior Director, Jim Spencer, began in October. City Council anticipates that the new organization, among other things, will result in improved overall coordination of services to Reginans.

HEALTH GRANTS

Saskatoon and Regina City Councils and their administrations continued to point out to the Provincial Government the inequities of the grants to their cities as compared to funding received by Regional Health Services. The matter was referred to the Urban Intergovernmental Affairs Committee which will meet with Senior Government Officials.

The two city administrations met with the Deputy Minister of Health regarding early implementation of an agreement worked out with the province in late 1985 which it had been hoped would be implemented in 1986. To date, no extra funding has been forthcoming although the department indicates recognition of the importance of prevention. Further efforts to increase the provincial share of funding continue.

BUDGET

The 1986 approved budget was $2,720,400; with a population of 176,231, the per capita expenditure is $15.44 in Regina. This compares to $16.00 in Saskatoon and $17.73 in the provincial health Regions.

SENIORS

Over the years, Health Department and Council have frequently expressed concerns regarding unmonitored nursing homes (4 to 14 guests) which do not fall under either Provincial or City legislation. Recently, the Continuing Care Branch of Saskatchewan Health issued a paper for discussion proposing legislation licensing personal care homes for 15 guests and under. Previous legislation introduced in July 1986 did not receive final passage prior to the close of the session. It is expected to be reintroduced during 1987. Appropriate and workable legislation would be welcomed provided appropriate funding and support services are put in place.

SMOKING

The two major causes of death in Canada (and Regina) are due to heart disease and cancer. Smoking is a major factor in both morbidity and mortality from these diseases. Therefore it is most appropriate for the health department to expend considerable effort in this area and for Council to have allocated funding during 1986 for these efforts.

The department will have a print and media program in place, by early 1987, which will emphasize to the public the dangers of smoking, second-hand smoke and the provisions of our smoking bylaw prohibiting smoking in certain public places.

The department is also offering advice and support to the City Administration in developing a policy for a smoke-free workplace in City Hall.

One of the major projects for our biostatistician during 1986 was the organization of a well received conference, 'Smoke in the Workplace - a Conference to Clear the Air'. This took place on October 23 and was attended by 131 people. Main sponsors were the Saskatchewan Council on Smoking and Health, Saskatchewan Alcohol and Drug Abuse Committee, Saskatchewan Health and the City of Regina. Many organizations are either in the process of or intending to develop a policy for a smoke-free workplace. In response to requests to help smokers in the workplace quit, the department has packaged its Quit for Good smoking cessation program for use in the workplace, during the day. A number of workplace series were run in November and December and will continue in 1987.

The research into a program to help pregnant women quit smoking has been completed and will be the subject of a report to the Community Services Committee in 1987.

COMMUNICABLE DISEASE CONTROL

This subject and immunization are discussed elsewhere in the report. Highlights are as follows:

As expected, the measles and rubella outbreak observed during the first nine months of 1986 died down in September and further cases have not apparently reappeared. Time will tell whether or not a recrudescence of cases will occur during the winter and spring months in 1987. The measles outbreak was a part of the Canada-wide experience.

For the first time in recent years, we have had a case of whooping cough (pertussis) reported.

The summer of 1986 was not plagued by an excessive number of mosquitoes and there were no cases of Western Equine Encephalitis. However, there were more cases of viral meningitis-encephalitis during the year compared to 1985. In 1982 and 1984 we also had more than the average number of cases reported.

Late in 1986, increased cases of a flu-like illness were observed particularly in several of our schools. Culture of throat gargles revealed Influenza A - Taiwan. This is the re-emergence of a strain present prior to 35 years ago. Hence it is not expected that those over 35 would be affected by this particular A strain. We will continue our surveillance throughout the winter for this strain and the 1986-87 Influenza A and B strains for which vaccine was available early in the fall.

The notable statistic for 1986 is the greatly increased number of reported cases of the sexually transmitted disease, Chlamydia; namely 817 cases in 1986 versus 289 in 1985. In contrast, gonococcal infection remained relatively stable at 385 for 1986 and 356 in 1985 (of these cases, there were 106 individuals who were infected with both Gonorrhea and Chlamydia). On the surface, the figures appear alarming. It is felt part of the explanation is better reporting by physicians to the department, a better and more easily applied laboratory test and increased efforts on the part of physicians to identify this infection.

It is noted that this increase has caused a considerable strain on our resources for S.T.D. contact tracing.

During 1986, there were three cases of AIDS disease reported, the same number as were reported in 1985. The department receives questions regarding this disease and there is also a demand for presentations in schools and to community groups. Since prevention is crucial, the department is putting a high priority on health education activities for Sexually Transmitted Diseases - AIDS in particular.

The department has developed a series of information sheets for parents of infants and children receiving routine immunizations. This is compatible with our philosophy that individuals should be well informed so they can give informed consent.

BYLAWS

An amendment to the Bylaw regulating dogs has allowed the department to better control unsanitary conditions and problems due to the keeping of dogs.

During 1986, bylaws were amended to allow the sale of frozen meat, fish, poultry and seafood from door-to-door. Although mechanical refrigeration is preferred, dry ice will be allowed provided guidelines are followed.

COMPUTERIZATION

Staff members are making good use of the word processing and computer capabilities of the Wang Microcomputer. Beginning in 1987, communicable disease statistics will be reported and analyzed using the computer.

The Regina Health Survey - Late in 1986, funding and arrangements were put in place to analyze the masses of data from this survey. The Sample Survey and Databank Unit of the University of Regina has been contracted and results will be available in 1987.

The department has made use of media during 1986 in highlighting things such as Canada Health Day's theme "Helping You Keep Healthy", National Non-Smoking Week in January, Nutrition Month in March, filming of a

segment of a prenatal class on television, nutrition articles in the Leader Post, et cetera. In addition, senior staff are frequently approached by the media for information. Staff also are involved in presentations to community groups and regularly scheduled department programs such as food handlers' courses, prenatal classes, smoking cessation classes, to name only a few. Many Reginans phone the Health Department as a source of reliable information on a wide variety of health matters ranging from infectious diseases, including AIDS, through prenatal and infant health, smoking cessation, nutrition and environmental concerns.

As stated early in this report, only the most important events are mentioned. Once again I express my appreciation to the Health Department staff for their dedication, hard work and expertise in providing preventive health services to Regina citizens. I wish also to thank the City Council, the City Administration, the media and the community in general for their overall support during 1986.

Respectfully submitted,

P. A. Hutchison

P. A. Hutchison, M.D.,F.R.C.P(C)
Medical Health Officer

MEDICAL AND PEDIATRIC SERVICES

In 1986, medical and pediatric services were again provided by a pediatrician.

The pediatrician provides direct clinical services to mothers and their children and telephone consultative services to staff members, private practitioners, and other professionals relating to communicable disease control and public health programs.

Direct clinical services continued to be offered twice weekly. During 1986, 332 children were examined. Of these, 66 required referral to a private physician or community agency. Reasons for referral were as follows:

Articulation and/or language delay	29
Otitis media	6
Foot problems	5
Developmental delay	4
Hearing deficit	4
Behavior problem	1
Miscellaneous medical	17

A mixed outbreak of measles and Rubella of major proportions which lasted nine months occurred in 1986, details of which may be found in the communicable disease section. This, in addition to several minor episodes of respiratory illness and diarrheal disease in institutional facilities greatly increased demands for consultation and advice.

A major undertaking, review and updating of the Immunization Manual, was begun late in 1986. This updated manual should better meet the needs of the immunization clinic and the public health nursing division.

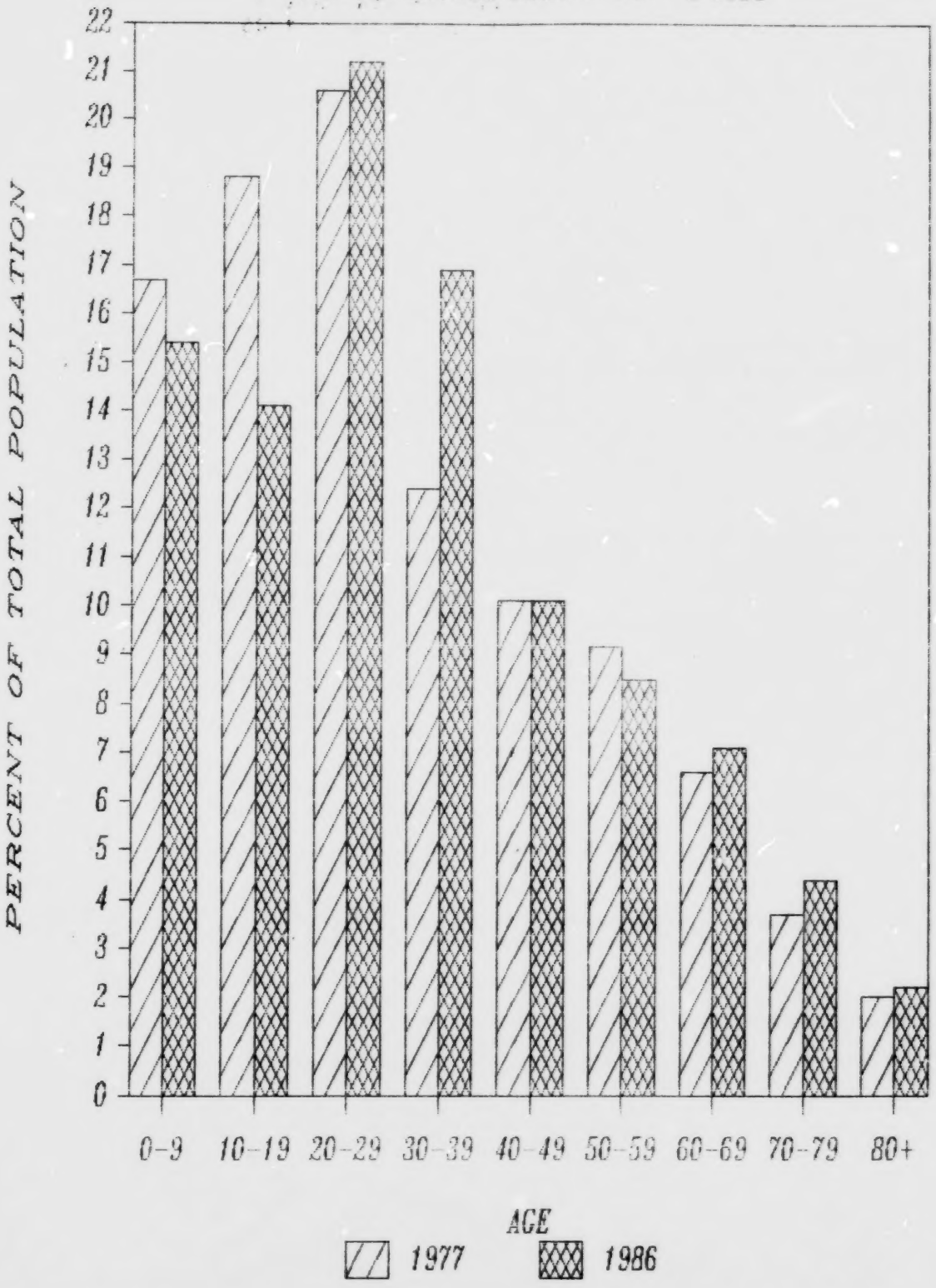
HEALTH STATISTICS

SUMMARY OF HEALTH STATISTICS
FOR THE CITY OF REGINA - 1986

POPULATION	176231
Increase from 1985	0.6%
BIRTHS (residents)	3179
Birth rate per 1000 population	18.0
DEATHS (residents)	1103
Rate per 1000 population	6.3
NATURAL INCREASE	2076
Rate per 1000 population	11.8
INFANT MORTALITY	35
Rate per 1000 livebirths	11.0
NEONATAL MORTALITY	19
Rate per 1000 livebirths	6.0
PERINATAL MORTALITY	19
Rate per 1000 livebirths and stillbirths	6.0
STILLBIRTHS	4
Rate per 1000 livebirths	1.3

POPULATION OF REGINA

BY FIVE YEAR AGE GROUPS 1977 & 1986



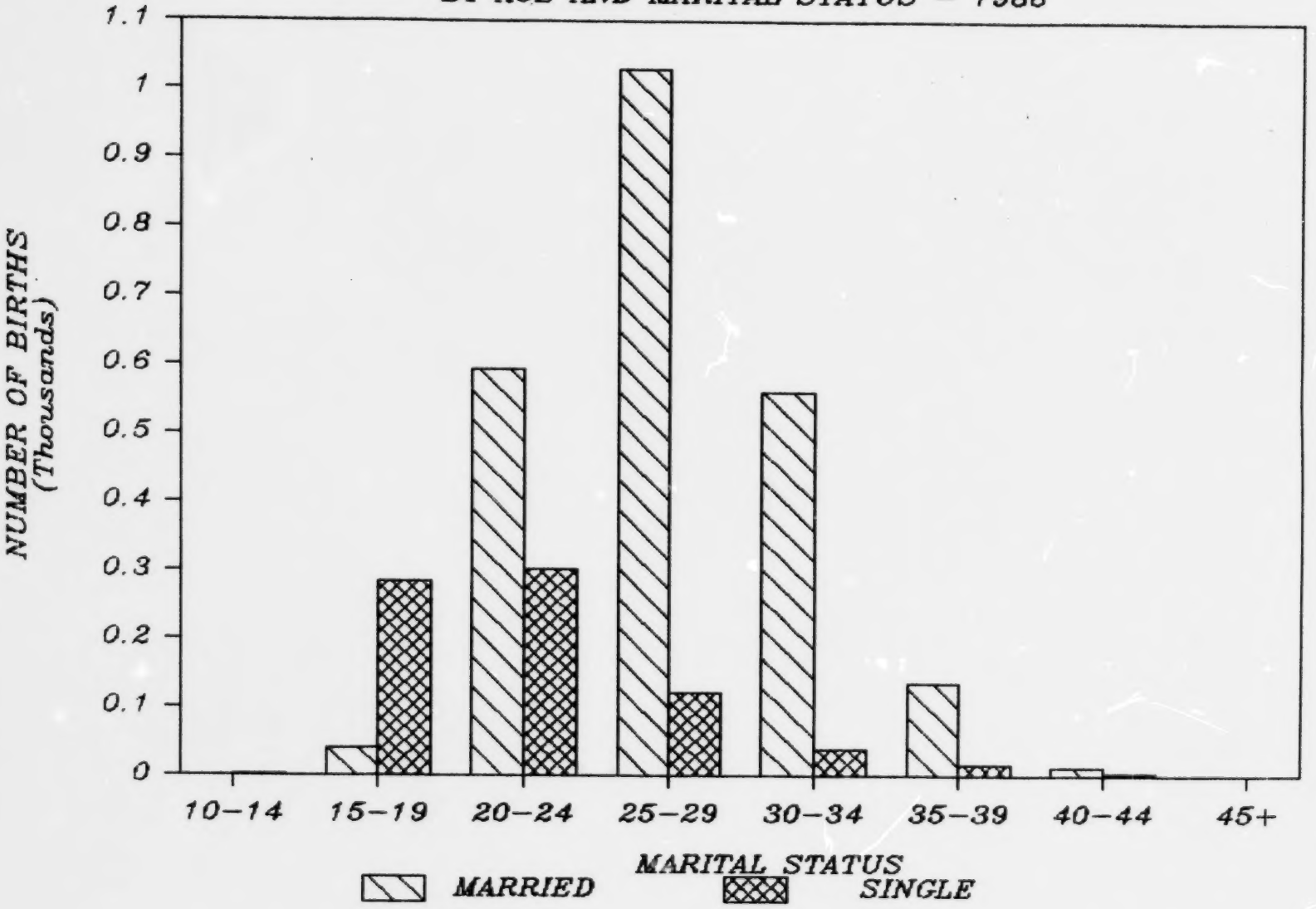
POPULATION OF REGINA
BY FIVE YEAR AGE GROUPS AND SEX - 1986*

AGE GROUP	POPULATION			PERCENT		TOTAL PERCENT
	MALE	FEMALE	TOTAL	MALE	FEMALE	
Under 1	1393	1309	2702	0.8	0.7	1.5
1-4	5908	5600	11508	3.4	3.2	6.5
5-9	6705	6335	13040	3.8	3.6	7.4
10-14	6140	5831	11971	3.5	3.3	6.8
15-19	6571	6217	12788	3.7	3.5	7.3
20-24	8963	9452	18415	5.1	5.4	10.4
25-29	9563	9393	18956	5.4	5.3	10.8
30-34	8508	8131	16639	4.8	4.6	9.4
35-39	6640	6574	13214	3.8	3.7	7.5
40-44	4844	4762	9606	2.7	2.7	5.5
45-49	4003	4163	8166	2.3	2.4	4.6
50-54	3800	3825	7625	2.2	2.2	4.3
55-59	3681	3753	7434	2.1	2.1	4.2
60-64	3137	3617	6754	1.8	2.1	3.8
65-69	2536	3247	5783	1.4	1.8	3.3
70-74	1912	2735	4647	1.1	1.6	2.6
75-79	1267	1987	3254	0.7	1.1	1.8
80-84	712	1336	2048	0.4	0.8	1.2
85-89	332	708	1040	0.2	0.4	0.6
90-94	149	322	471	0.1	0.2	0.3
95+	46	124	170	.0	0.1	0.1
TOTAL	86810	89421	176231	49.3	50.7	100.0

* Source: S.H.S.P. Covered Population

REGINA BIRTHS

BY AGE AND MARITAL STATUS – 1986



REGINA BIRTHS

BY AGE AND MARITAL STATUS OF MOTHER - 1986

AGE	MARITAL STATUS				TOTAL BIRTHS	
	MARRIED	SINGLE	DIVORCED	WIDOWED	NUMBER	PERCENT
10-14	0	1	0	0	1	.0
15-19	40	284	0	0	324	10.2
20-24	594	302	5	1	902	28.4
25-29	1029	121	18	0	1168	36.7
30-34	560	38	14	2	614	19.3
35-39	134	14	7	1	156	4.9
40-44	11	2	0	0	13	0.4
45+	0	0	0	1	1	.0
TOTAL	2368	762	44	5	3179	100
%	74.5	24.0	1.4	0.2		

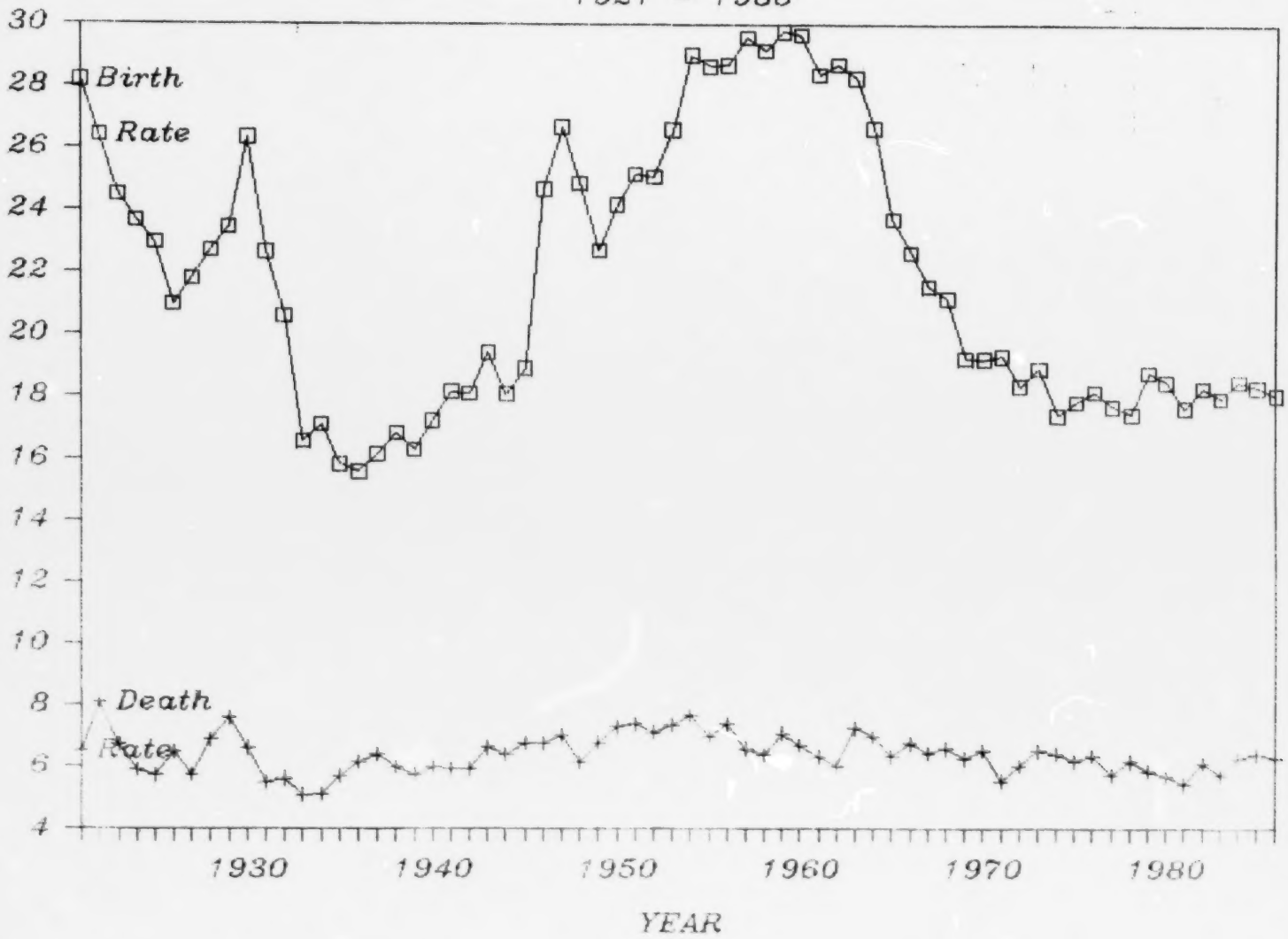
REGINA BIRTHS

BY MARITAL STATUS OF MOTHER - 1977-1986

YEAR	MARRIED		SINGLE AND OTHERS		TOTAL BIRTHS
	NUMBER	PERCENT	NUMBER	PERCENT	
1977	2328	83.9	447	16.1	2775
1978	2292	82.7	481	17.3	2773
1979	2434	81.3	560	18.7	2994
1980	2524	84.8	451	15.2	2975
1981	2290	79.6	587	20.4	2877
1982	2570	84.7	463	15.3	3033
1983	2361	77.8	672	22.2	3033
1984	2434	76.4	751	23.6	3185
1985	2401	74.9	804	25.1	3205
1986	2368	74.5	811	25.5	3179

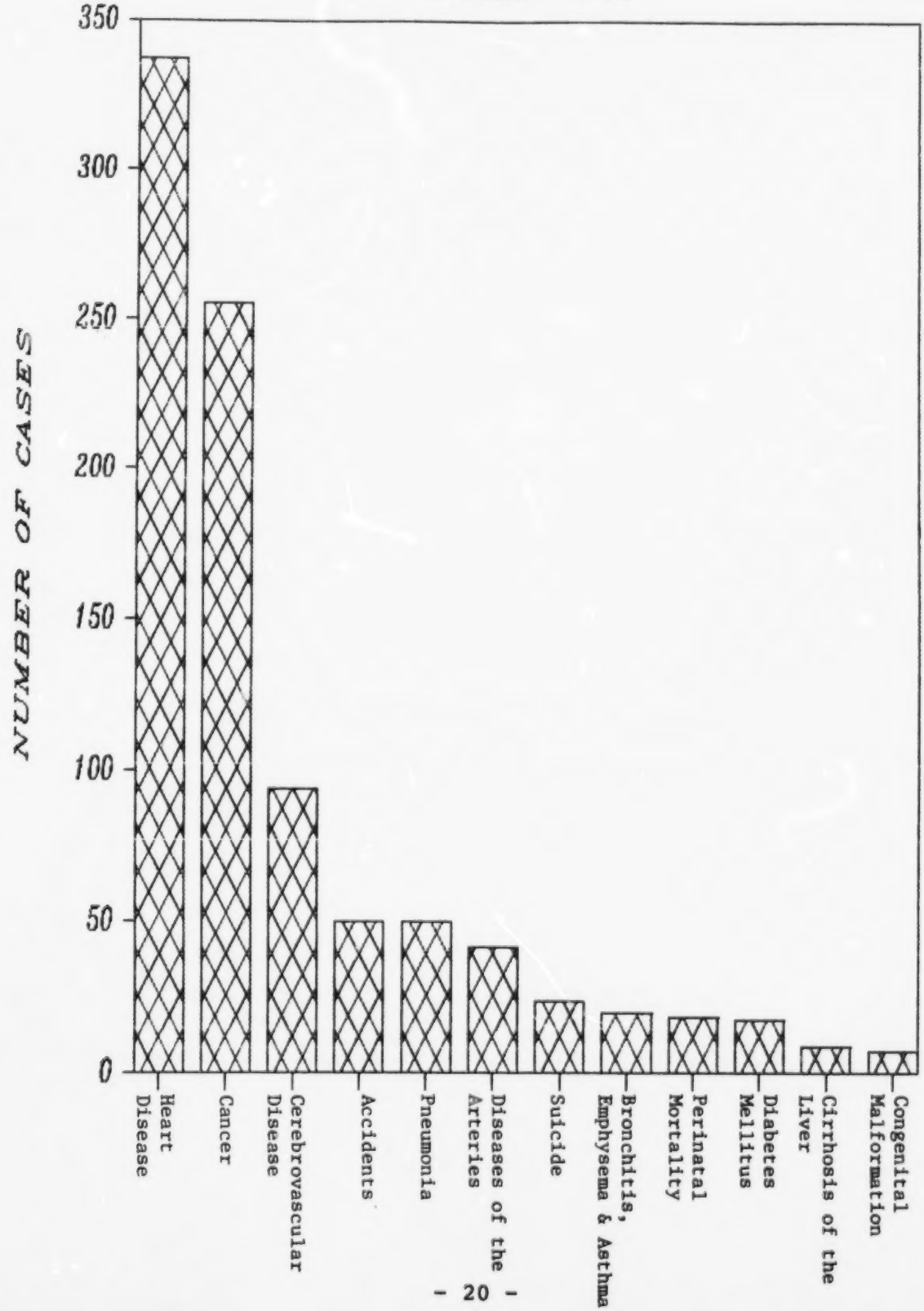
REGINA BIRTH AND MORTALITY RATES

1921 - 1986



LEADING CAUSES OF MORTALITY

IN REGINA - 1986



LEADING CAUSES OF MORTALITY IN REGINA - 1986

CAUSES OF DEATH	NUMBER OF CASES	PERCENT OF TOTAL DEATHS
Heart Disease	337	30.6
Cancer	255	23.1
Cerebrovascular Disease	94	8.5
Accidents	50	4.5
Pneumonia	50	4.5
Diseases of the Arteries	41	3.7
Suicide	23	2.1
Bronchitis, Emphysema & Asthma	19	1.7
Perinatal Mortality	18	1.6
Diabetes Mellitus	17	1.5
Cirrhosis of the Liver	8	0.7
Congenital Malformation	7	0.6
Other Causes	184	16.7
TOTAL	1103	100

DEATHS OF INFANTS IN FIRST YEAR OF LIFE

	1986	1985	1984	1983	1982	1981	1980	1979	1978	1977
Total Number of Infant Deaths	35	33	35	33	27	22	29	27	27	36
Infant Mortality Rate per 1000 livebirths	11.0	10.3	11.0	10.9	8.9	7.7	9.8	9.0	9.7	13.0

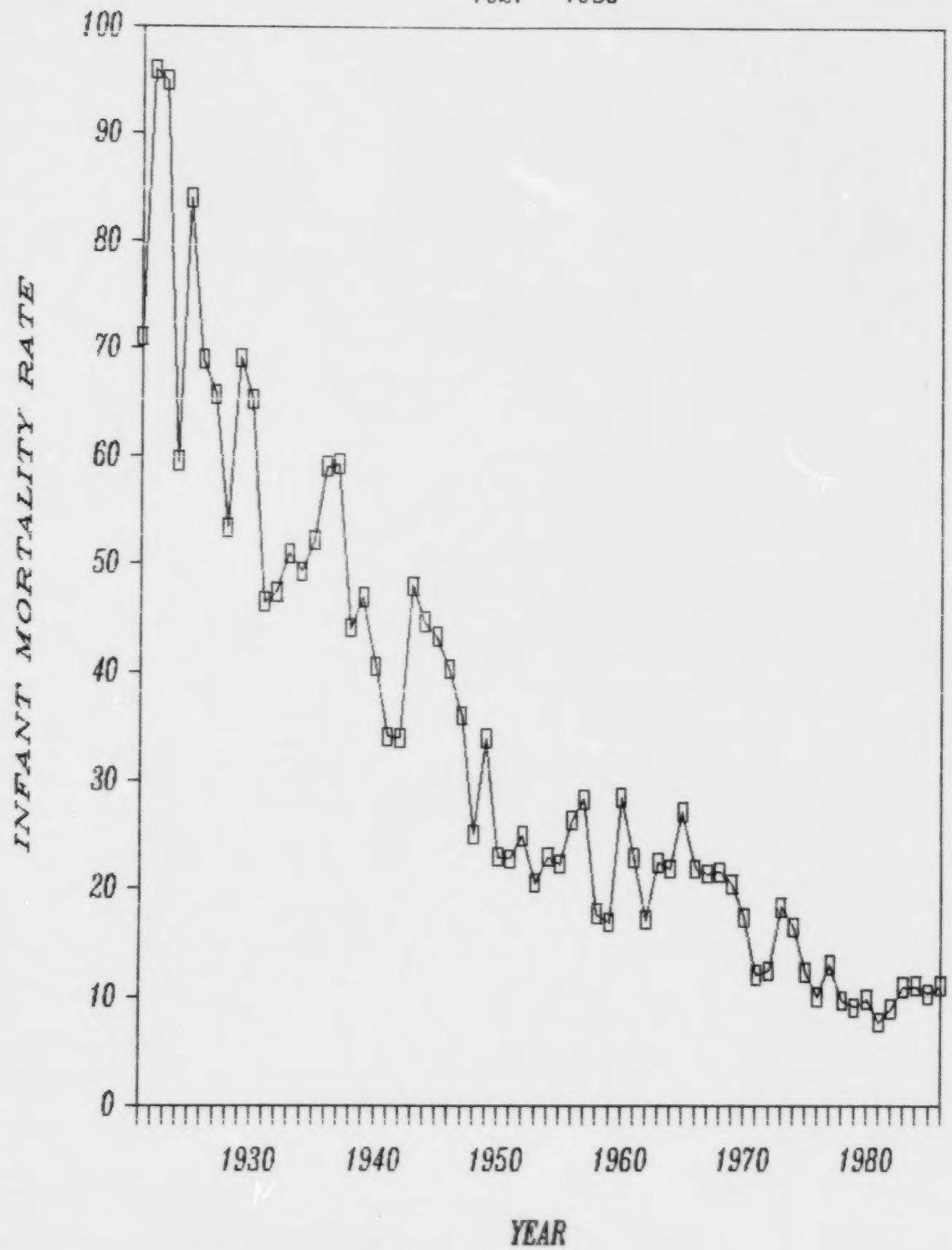
REGINA BIRTH AND DEATH RATES - 1976 to 1985

YEAR	LIVEBIRTH RATES (per 1000 population)	STILLBIRTH RATES (per 1000 livebirths)	PERINATAL MORTALITY RATES (per 1000 livebirths and stillbirths)	NEONATAL MORTALITY RATES (per 1000 livebirths)	CRUDE DEATH RATES (per 1000 population)
1977	17.7	7.6	13.6	8.3	5.7
1978	17.4	8.7	15.0	7.9	6.2
1979	18.8	6.0	9.6	5.7	5.9
1980	18.5	6.7	12.0	6.1	5.7
1981	17.6	7.3	11.7	5.9	5.4
1982	18.3	6.6	10.2	4.9	6.1
1983	17.9	6.6	13.4	7.9	5.9
1984	18.5	6.3	11.9	7.2	6.3
1985	18.3	2.5	8.4	7.2	6.4
1986	18.0	1.3	6.0	6.0	6.3

Infant Mortality - Death of infants less than one year of age
Perinatal Mortality - Deaths of infants less than one week of age plus stillbirths
Neonatal Mortality - Deaths of infants less than one month of age

REGINA INFANT MORTALITY RATE

1921 - 1986



CASES OF COMMUNICABLE DISEASES REPORTED IN REGINA 1985 - 1986

	1986		1985	
	NUMBER	RATE*	NUMBER	RATE*
Campylobacteriosis	73	41.4	29	16.6
Chicken pox	426	241.7	n/a	n/a
Diphtheria-Cases	0	0.0	0	0.0
-Carriers	0	0.0	0	0.0
Food Poisoning	91	51.6	56	32.0
Gastroenteritis	390	221.3	383	218.7
Giardiasis	36	20.4	27	15.4
Haemophilus influenzae-type b (not meningitis)	2	1.1	0	0.0
Hepatitis A	42	23.8	67	38.3
Hepatitis A (Clinical)	38	21.6	n/a	n/a
Hepatitis B	15	8.5	23	13.1
Hepatitis B Carrier	15	8.5	19	10.8
Hepatitis-non A non B	1	0.6	n/a	n/a
Hepatitis-Other	7	4.0	n/a	n/a
Influenza	5	2.8	1	0.6
Legionellosis	0	0.0	n/a	n/a
Measles	228	129.4	0	0.0
Meningitis (Bacterial)	7	4.0	6	3.4
Meningococcus	2	1.1	0	0.0
Haemophilus	4	2.3	5	2.9
Pneumococcus	0	0.0	1	0.6
Other	1	0.6	0	0.0
Mumps	1	0.6	8	4.6
Parasitic Skin Disease	397	225.3	345	197.0
Other Parasitic Diseases	2	1.1	1	0.6
Paratyphoid	0	0.0	0	0.0
Pertussis (Whooping Cough)	1	0.6	0	0.0
Rubella	62	35.2	2	1.1
Salmonellosis	70	39.7	48	27.4
Sexually Transmitted Disease:				
-Gonococcal	380	215.6	356	203.2
-Gonococcal Ophthalmia Neonatorum	1	0.6	0	0.0
-Syphilis	0	0.0	7	4.0
-Herpes genitalis	21	11.9	26	14.8
-Chlamydial infection	817	463.6	289	165.0
-Urethritis unspecified	10	5.7	15	8.6
-AIDS	3	1.7	3	1.7
-Other	0	0.0	0	0.0
Shigellosis (Bacillary Dysentery)	105	59.6	10	5.7
Tuberculosis-Respiratory	6	3.4	2	1.1
-Other	1	0.6	0	0.0
Typhoid	0	0.0	0	0.0
Viral Meningitis-Encephalitis	17	9.6	7	4.0
Western Equine Encephalitis	0	0.0	0	0.0
Yersiniosis	4	2.3	n/a	n/a
POPULATION	176231		175159	

*Per 100,000 population

REPORTED CASES OF GONORRHEA IN REGINA BY AGE AND SEX - 1986

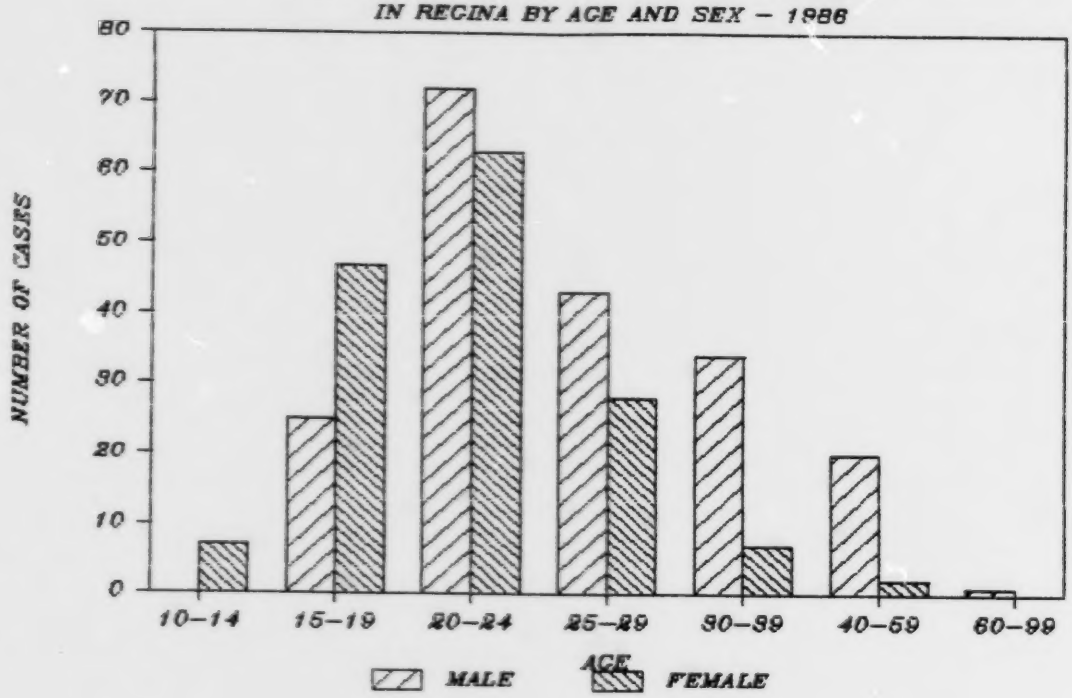
AGE	MALE	FEMALE	TOTAL	PERCENT
10-14	0	7	7	1.8
15-19	25	47	72	18.9
20-24	72	63	135	35.5
25-29	43	28	71	18.7
30-39	34	7	41	10.8
40-59	20	2	22	5.8
60-99	1	0	1	0.3
Unknown	14	17	31	8.2
TOTAL	209	171	380	100.0
%	55.0	45.0		

REPORTED CASES OF HERPES IN REGINA BY AGE AND SEX - 1986

AGE	MALE	FEMALE	TOTAL	PERCENT
10-14	0	0	0	0.0
15-19	0	1	1	4.8
20-24	5	4	9	42.9
25-29	2	2	4	19.0
30-39	2	2	4	19.0
40-59	1	0	1	4.8
Unknown	1	1	2	9.5
TOTAL	11	10	21	100.0
%	52.4	47.6		

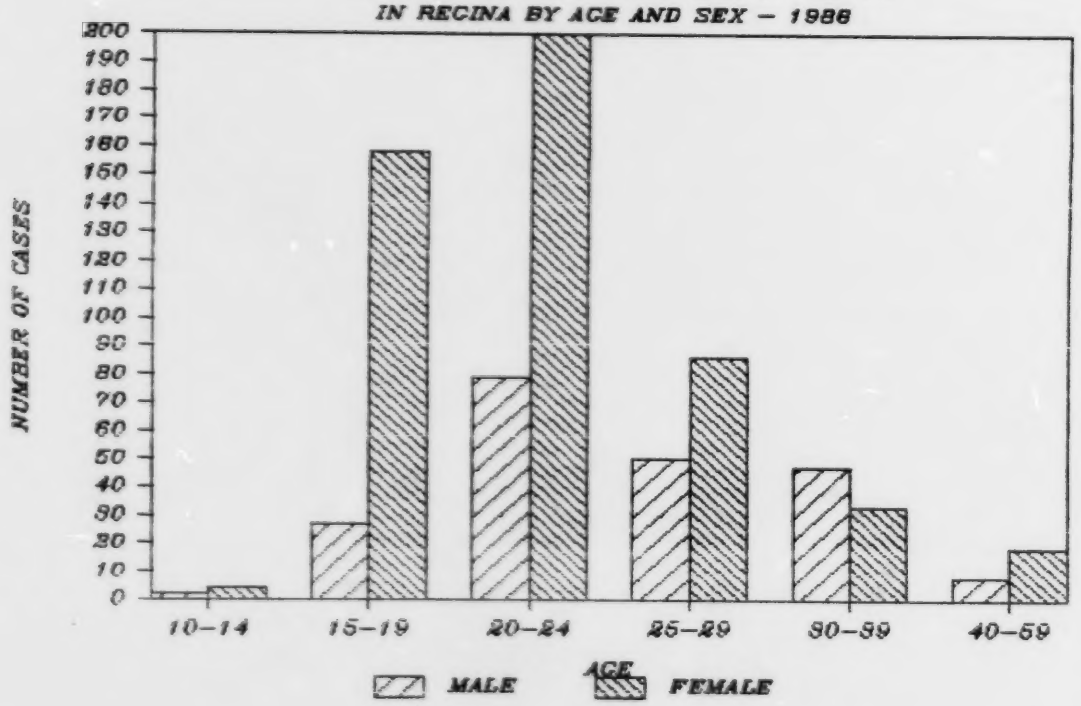
CASES OF GONORRHEA

IN REGINA BY AGE AND SEX – 1986



CASES OF CHLAMYDIA

IN REGINA BY AGE AND SEX – 1986



REPORTED CASES OF CHLAMYDIA IN REGINA BY AGE AND SEX - 1986

AGE	MALE	FEMALE	TOTAL	PERCENT
10-14	2	4	6	0.7
15-19	27	158	185	22.6
20-24	79	200	279	34.1
25-29	50	86	136	16.6
30-39	47	33	80	9.8
40-59	8	18	26	3.2
Unknown	19	86	105	12.9
TOTAL	232	585	817	100
%	28.4	71.6		

REPORTED CASES OF URETHRITIS UNSPECIFIED IN REGINA BY AGE AND SEX - 1986

AGE	MALE	FEMALE	TOTAL	PERCENT
1-4	1	2	3	30.0
10-14	0	0	0	0.0
15-19	1	1	2	20.0
20-24	0	0	0	0.0
25-29	0	2	2	20.0
30-39	1	0	1	10.0
40-59	2	0	2	20.0
Unknown	0	0	0	0.0
TOTAL	5	5	10	100
%	50.0	50.0		

DIVISION REPORTS

Nursing Division

CITY OF REGINA HEALTH DEPARTMENT - PUBLIC HEALTH NURSING DIVISION - FUNCTIONAL ORGANIZATIONAL CHART

MEDICAL HEALTH OFFICER

ASSISTANT MEDICAL HEALTH OFFICER

ADMINISTRATIVE SERVICES DIVISION | **BIOSTATISTICS DIVISION** | **PUBLIC HEALTH NURSING DIVISION** | **ENVIRONMENTAL HEALTH DIVISION** | **NUTRITION DIVISION**

COMMUNICABLE DISEASE CONTROL

- -Epidemiological investigations
- -STD contact tracing
- -Education
- -Tuberculosis contacts follow-up
- -Rheumatic Fever Program
- -Screening
- -Immunization

HEALTH EDUCATION

- -Expectant Parent Programs
- -Parent Education classes
- -Community Health Talks
- -Classroom Education
- -Development and Distribution of pamphlets and other materials
- -Health Fairs
- -Displays
- -News media

NATIVE HEALTH PROGRAM

- -Liaison with Native groups
- -Home visiting
- -Child Health Clinics
- -School programs
- -Day Care Programs
- -Hospital Visiting
- -Transportation services

INFANT - PRESCHOOL SERVICES

- -Home visits
- -Child Health Clinics
- -Immunization Clinics
- -Vision and Hearing Screening Clinics
- -4-year-old Birthday Check-ups
- -Day Care/Nursery School Visits

SCHOOL SERVICES

- -Physical Assessment
- -Immunization
- -Counselling
- -Screening
- -Classroom Instruction
- -Home visits
- -Resource Person

FAMILY PLANNING

- -Prenatal Classes
- -Postnatal home visits
- -Office counselling
- -Family Life classes

LIAISON AND COORDINATION OF SERVICES

- -Health agencies
- -Physicians
- -Social Service Agencies
- -Community Groups
- -Educational institutions
- -External committees
- -Referral system
- -Student orientation

OTHER ADULT SERVICES

- -Immunization
- -Home visits
- -Telephone counselling
- -Seniors Wellness Group

STAFF DEVELOPMENT

- -Inservice
- -General staff meetings
- -Conferences, workshops, seminars
- -Resource books, journals
- -Committee work
- -Research

Services are provided in the community at schools, homes, church or other halls, hospitals, daycares, nursery schools, community agencies and health department offices.

PUBLIC HEALTH NURSING DIVISION

The Public Health Nursing Division employed 39 nurses in 1986, serving a population of 176,231. Positions include one nursing director, three assistant directors, 30 community nurses, three nurses whose main focus is immunization, one nurse assigned to tuberculosis surveillance and the sexually transmitted disease program, and one Public Health Nurse - Special Programs who is assisted by two native community health workers. Resignations numbered 4, a turnover rate of 10%.

NEW PROGRAMS, PROJECTS AND ACTIVITIES:

1. A Communicable Disease Manual was developed, which includes the following newly developed policies and information sheets:
   For the Public: A Few Facts About Giardiasis; A Few Facts About Yersiniosis; A Few Facts About Campylobacteriosis; A Few Facts About Hepatitis B Infection; five information sheets on diseases and vaccines concerning polio, rubella, MMR, DPT and DT and Td.
   For Staff: Diarrheal Infections Investigations Form; Procedure for Management of Diarrheal Referrals; Investigation Form for Institutional Outbreaks; Rash Investigation Form; Policy and Procedure for follow-up of Pediculosis and Parent Letter re: Hepatitis A in Day Care.

2. Commencing in January, prenatal class participants received a binder containing all class handouts for a $5.00 charge. This has led to consistency in what prenatal class attenders receive, and has reduced the instructor's organization time.

3. New client informational sheets include: Caring for a Child with Fever, a "Services for Infants and Pre-School Children" pamphlet, and a letter to all Regina recipients of SAIL equipment explaining the public health nurse role.
   PHN policies include: Policy and Procedure for Inspection of Boarding Care Homes; Policy and Procedure concerning Retention of grade 11 and 12 school records; Charting Protocol for Immunization, and Immunization Pre-Screening Questions for Infants and Pre-Schoolers.

4. The Cathedral Area Wellness Group for Seniors was evaluated after eight months of operation (November 7, 1985 - June 26, 1986). Thirty three individuals made a total of 102 visits. 68% were aged 65 to 74, and 23% were 75 or older. Most frequent reasons for visits were for blood pressure checks and health education. Eleven clients set wellness goals for themselves and 6 goals were wholly or partially achieved. Five group educational sessions had a total attendance of 66, or an average of 13. All evaluations stated the topic was interesting and new information had been learned.

5. A Family Life Resource Manual was developed to assist PHN's in the preparation of classroom education concerning maturation and puberty. Also, a Pilot Project using a team teaching approach to family life education in the elementary schools was tried by one nursing team. Pupil, teacher, and PHN evaluations were generally positive.

INFANT AND PRESCHOOL SERVICES

Child Health Clinics

The newly opened South Leisure Centre was chosen as the site for Albert Park's child health clinic effective May 8, with the clinic at W.C. How being discontinued on April 24. We continue to offer 21 clinics at 15 locations throughout the city. Public health nurses provide services primarily to infants and preschoolers at these clinics, including screening for health problems (vision, hearing, physical and emotional development) and immunization. Parents receive counselling and referrals are made to physicians and other agencies. Pediatrician Consultant Clinics are available by appointment.

	1983	1984	1985	1986
No. of Visits	10,809	11,701	11,521	11,223
No. of clinic sessions	616	637	647	629
Average attendance	18	18	18	18

Of the 11,223 visits made, 6,471 were infants, 4,587 were preschoolers and 165 were school-aged children. Immunization was included in 84% of all clinic visits. Branch Office visits numbered 6,243 which represents 55% of all child health clinic visits in the city. Detailed child health clinic statistics are found on page 39.

Four Year-Old Birthday Checkups

All Regina four year-olds are invited to participate in a checkup which includes screening for vision, hearing, speech, development and general health. Immunization is given if required. A total of 2,205 four year-olds were assessed during the year.

Preschool Vision and Hearing Screening Program

Special clinics are offered to children aged three to five years of age where the P.D.Q. (Denver Prescreening Developmental Questionnaire) is administered and vision and hearing are screened. Vision was screened for 151 children, with 54 receiving repeat screening. Stable, known defects numbered six, and 47 referrals were made. Audiometer screening was done for 171 children, with 117 repeat screenings and 59 referrals.

Day Care Centres and Nursery Schools

Nurses made 149 visits to day care centres and 4 to nursery schools. Activities included vision and hearing screening; communicable disease screening and investigation (471), health teaching, and other health concerns.

Home Visits

Parents of infants and preschoolers also receive health information and counselling through home visiting.

	1983	1984	1985	1986
Number Infant Visits	4,357	4,074	3,871	3,903
Number Preschooler Visits	1,940	1,887	1,688	1,739

SCHOOL SERVICES

Public health nurses allot 38% of their work time to the city's 110 schools. This year, three elementary schools closed (Birchwood, St. Luke and St. Philip). Regina now has 91 elementary, 15 high and 4 private schools. Time spent at each school varies with the school's size and special needs, but averages one half day per week for elementary and one day for high schools. Classroom instruction topics included family life, hygiene, exercise, nutrition, breast self-examination, communicable diseases, epilepsy, S.T.D., first aid, smoking, safety, fetal alcohol syndrome and role of the public health nurse.

SCHOOL SERVICES OFFERED 1984 - 1986

Service	Number of Recipients		
	1984	1985	1986
Physical Assessment	3,093	2,592	2,392
First Aid	2,939	2,933	3,191
Immunization	5,524	4,707	4,635
Student Counselling (general)	4,003	4,167	5,351
Pregnancy Counselling			
First Contact	85	115	55
Follow-up	278	187	153
Parent Counselling	3,722	3,791	4,610
Teacher Counselling	4,682	4,980	4,840
Screening Procedures			
Hearing-first this year	7,071	7,250	7,027
-repeat this year	1,011	863	878
-referred	309(4%)	268(4%)	262(4%)
Vision -first this year	16,562	16,393	19,638*
-repeat this year	1,917	2,390	1,757
-referred	968(5%)	1,137(7%)	906(5%)
Scoliosis-screened	2,940	448	370
-referred	128(4%)	33(7%)	22(6%)
Communicable Diseases	5,395	3,760	6,096
Classroom Instruction			
Number of Sessions	481	462	483
Number of Students	12,717	10,119	9,148

*Trained parent volunteers did initial vision screening for 8,884 students.

In addition to the services listed in the preceding table, 1,141 home visits were made concerning school children. A further 664 school children received services at immunization or child health clinics.

HEALTH EDUCATION PROGRAMS

Expectant Parent Programs

During 1986, 30 public health nurses offered 487 classes at 6 locations throughout the city, including both our Central and Branch offices, the Plains and Pasqua Hospitals, and Balfour Special Tutorial School and Martha House. Participants included 958 mothers, 766 fathers and 106 coaches.

Teens who continue their education during pregnancy at Balfour Special Tutorial numbered 78. Each received an average of 10 prenatal classes in addition to her regular school work. All early bird and regular series consist of 6 classes except Pasqua which has 7 classes. Classes at Martha House are not taught in a structured series, but are more informal, with 23 mothers and 2 coaches participating in a total of 31 classes. All series include a hospital tour.

PRENATAL SERIES AND CLASSES

	1983	1984	1985	1986
Early Bird "Part A"				
Number of Series	35	36	26	24
Number of Classes	70	72	52	48
Early Bird "Part B"				
Number of Series	35	35 1/4	30	23
Number of Classes	140	141	120	92
Regular Classes				
Number of Series	33	36	40	39
Number of Classes	204	222	249	237
Single Mothers				
Number of Series	4	4	3	2
Number of Classes	24	24	18	12
Balfour Special Tutorial				
Number of Series	5 1/4	5 1/2	5 1/2	4 1/2
Number of Classes	53	55	54	43

	1983	1984	1985	1986
Refresher				
Number of Series	n/a	2	10	8
Number of Classes	n/a	6	30	24
Martha House				
Number of Classes				31

PRENATAL CLASSES AND ENROLLMENT

Total	1983	1984	1985	1986
Number of Classes	491	520	523	487
Female Enrollment	896	1,037	887	958
Single Females	229	239	211	165
Male Enrollment	659	835	725	766
"Coach" Enrollment (Male and Female)	68	113	113	106
No.of Regina Births	3,033	3,185	3,205	3,179

Regina births in 1986 numbered 3,179, of whom 958 mothers, (30%) attended Health Department classes. Prenatal teaching also was given at 189 home visits and 208 school counselling sessions involving 55 students. Births to single mothers numbered 762 (24%) of all births). Of these single women, 165, or 22% attended our prenatal classes.

No adoptive parent classes were taught this year due to lack of demand. Five postnatal classes were held.

Are You An Askable Parent? Classes

These classes are designed to assist parents in communicating effectively with their children regarding sexuality and family living. Only one overview class was held, with 5 mothers and 2 fathers participating.

Health Talks to the Community

Health talks were requested by a wide variety of community groups including Moms' groups, Open Door, Lifeskills Classes, Federated Indian College, Naval Cadets, Peyakowak, youth groups, female parolees, day cares, dental assistant students, Saskatchewan Abilities Council, babysitting courses and parents of kindergarten entrants. Topics included healthful living, child care, family life, children's health, breast self-examination, STD, safety, fever, importance of touch, nutrition, birth control and the community health nursing program.

	1983	1984	1985	1986
Number of Sessions	168	142	133	154
Number of Persons	2,095	2,440	2,378	2,406

COMMUNICABLE DISEASE CONTROL

Rheumatic Fever Program

Clients of this program are rheumatic fever patients who receive free penicillin or sulfadiazine to prevent recurrent infection. During 1986, 1 patient was admitted and 3 were discharged.

	1983	1984	1985	1986
Number of recipients at year end	48	48	34	32

Tuberculosis Control

Seven active tuberculosis cases were reported in 1986. A total of 23 contacts were located and were examined at the tuberculosis clinic or by private physicians. A further 157 clients were notified who required follow-up examinations, with 138 being examined at the tuberculosis clinic or by private physician.

Sexually Transmitted Diseases

The reported number of cases of sexually transmitted diseases was 1,232, including gonorrhea (385), gonococcal ophthalmia neonatorum (1), herpes genitalis (16), chlamydial infection (817), urethritis unspecified (10) and AIDS (3). No syphilis was reported. Notifications received for contact tracing numbered 392, with 233 (59%) being located and referred to the Public Health Clinic or a physician. A further 190 treated contacts were followed for adequacy of treatment. School or community group educational sessions numbered 23, with 653 in attendance.

Other Communicable Diseases

In addition to the above, nurses investigated and followed-up concerning Hepatitis A (80); Hepatitis B (15); Salmonellosis (70); Shigellosis (105); Giardiasis (36); Measles (228); and Parasitic Skin diseases (397).

	1983	1984	1985	1986
Home Visits	603	645	783	1,013
School Screening	3,627	5,395	3,760	6,096
Day Care/Nursery School	n/a	n/a	102	471

OTHER SERVICES

Family Planning

Birth control information is integrated into many nursing programs. These include prenatal classes, postnatal home visits, office counselling and through Family Life classes and as a resource person to staff and students in various schools.

Home Visiting

Home visits present an opportunity for health teaching and supervision for a wide range of health concerns. During 1986, 6,769 visits were made in 7,038 hours. Visits were made for the following reasons: Sudden Infant Death (22), Suspected Child Abuse (12); Adult (2,827); Senior Citizen (321); Boarding Care Home (34) and for reasons mentioned previously in this report. The provincial SAIL program (Saskatchewan Aids to Independent Living) accounted for 1,840 notifications of equipment received, which led to 125 home visits, 265 phone calls, and a further 65 requests for SAIL equipment. Home visits to refugees numbered 84. Native families received 1,048 visits from nurses plus 1,272 visits from community health workers for a total of 2,320 visits.

Referrals

Total referrals received numbered 2,979, a decrease of 134 from last year. SAIL accounted for the largest number of referrals (1,840) with nurse-to-nurse hospital referrals totalling 966. Other agencies made 169 referrals and 4 physician referrals were received. Referrals made by this division included 41 to V.O.N. or Home Care, plus 41 referrals to the Department of Social Services for suspected child abuse and 38 for other reasons.

Other Communications

Consulations with physicians and health education and social agencies numbered 2,554. A further 9,580 telephone consultations were held with the public.

Native Health Program

The Public Health Nurse - Special Programs who was hired to coordinate this program resigned on May 30 after one year in the position. The position remained vacant until the end of 1986 due to lack of a qualified applicant. The two Community Health Workers continued their work under the supervision of the Assistant Directors of Nursing.

COMMUNITY HEALTH WORKER SERVICES

	1984	1985	1986
Attendance at Child Health Clinics	93	63	59
Assist at schools (1/2 days)	84	50	65
Home Visits			
Independent visits	1,158	1,159	1,232
Joint visits	44	25	20
Accompanied P.H.N.	67	41	20
Transported Clients			
To Child Health Clinics	64	94	25
To other appointments	72	57	37
Community Services			
Contact with Native groups	30	46	2
Visits to hospitals (postnatals)	127	146	183

Other Activities

The following internal committees or work groups met during 1986: Nursing Administration (41); Communicable Disease (24); Teams (12); Supervisors' (12); Family Life (8); Prenatal (7); Immunization (7); Inservice (5); Division Head (3); Child Abuse (3); High School Nurses (3); Job Sharing (3); Seniors (1); Askable Parent (1); Occupational Health (1); Health Is It (1) and Birthday Checkups (1).

The Director of Nurses participated on the following external committees: Saskatchewan Registered Nurses Association Council Member-at-large and Chairperson, Discipline Committee (terminated April 30); Community Health Nursing Administration Committee; Regina Child Abuse Prevention Committee, and Prevention Week plus Research sub-committees; Mobile Crisis Inc. Board, plus Personnel Committee and Annual Meeting Planning Committee.

Each Assistant Director of Nursing participated on external committees as follows: M. Scott - Merici Board and Personnel Committee, Perinatal Nurses, Saskatchewan Public Health Association Annual Meeting Planning Committee, and Community Health Education Practice Conference Planning Committee; J. Anderson - Family Service Bureau Board and Family Life, Home Care Review and Counselling Committees, Interagency Family Life Committee, W.I.A.A.S. liaison and United Way representative; S. Rendall - Burn Prevention Committee, Health Education Association of Saskatchewan, Regina High School Liaison Committee, and the Board of Education Family Life Advisory Committee. District nurses are involved on the McKenzie Infant Daycare Board, the Regina Sexual Abuse Committee Inc., and the S.R.N.A. Entry-to-Practice sub-committee.

Staff were involved in a variety of displays held at shopping malls including Weedless Wednesday, Safety Week and Child Abuse Prevention Week. A display and film "Drugs, Smoking and Alcohol During Pregnancy" was presented to 400 participants at a Welcome Wagon Baby Shower. Other initiatives included a Teacher Health Day, a Heart Information Day and a Health Is It day at selected schools. Media involvement included three Live At Nine presentations concerning the role of the public health nurse for nurses week, the Happy Birthday Check up Program, and the public health nurses' role in the prevention of child abuse. CKTV also taped a prenatal class segment plus interview for a Caesarean Section program, and discussed the Health Department's role on Canada Health Day. Prenatal health and our related programs were featured on 3 tapes for CFMQ radio. A volunteer tea was held on May 9 with 45 volunteers in attendance. On June 2, the Branch Consultants' office was seconded for increased space for the waiting area, specifically as a safe play area for the toddlers.

Nursing division statistics were reviewed and clarified with minor changes. The prenatal registration card was revised and coded for computer entry. A public opinion questionnaire was given to service recipients at the department concerning both Branch and Central facilities.

The elementary schools were requested to add a standard health question to their annual update form and this request was adopted by some schools. A history form and follow-up protocol were developed in response to the "red rash" outbreak. The City's Legal Department assisted in clarifying and reviewing a variety of legal issues related to community health. A letter was developed for each Regina recipient of SAIL equipment for information as to how our department might assist them.

A number of out-of-hours social events were held, featuring, curling, tennis, games, swimming, dancing, suppers and luncheons.

PROFESSIONAL EDUCATION

Nursing Students

Public Health nurses acted as field guides to students on 219 occasions. This included 14 students from the College of Nursing, University of Saskatchewan (7 third year and 7 post R.N.), 138 nursing diploma students from W.I.A.A.S. (Wascana Institute of Applied Arts and Science), two immigrant nurses studying English as a Second Language (Laos, El Salvador), two Dietetic Interns, one fourth year medical student, and two visiting nurses (New Zealand, Phillipines).

STAFF DEVELOPMENT

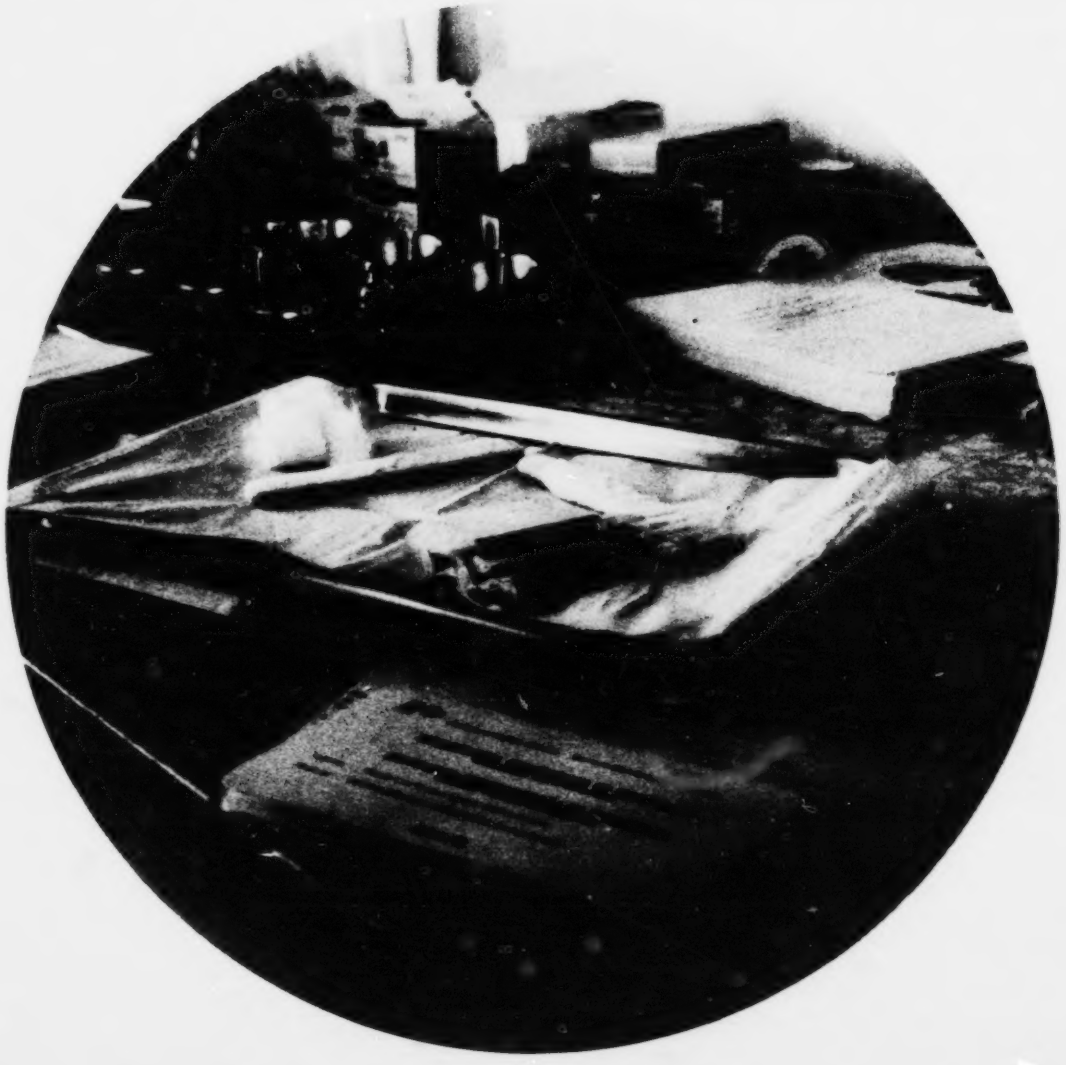
Each nurse and community health worker averaged 26 hours of inservice through 25 inservice sessions. General staff meetings numbered 10. A total of 37 external workshops or seminars were attended, for an average of 20 hours per staff member. Inservice topics included: Department of Social Services Overview and Physical and Sexual Abuse Unit, Apnea Monitor, Genetic Counselling, Accident Prevention, Assertiveness Training, "Health-Is-It" project, Prenatal Diabetes, Hepatitis Update, C.P.R. and five Nutrition Updates (prenatal, infant, childhood obesity, calcium and nutrition month). Outside workshops included: Child Abuse, P.O.G.O., Legal Issues, First Aid, Employee Assistance Program, Stress, Program Evaluation, Wasikaw Pisim, Gerontology Teleconferences, Writing Workshop, Drug and Alcohol Abuse and Annual Meetings for S.P.H.A., C.P.H.A., S.R.N.A. and C.N.A.

CHILD HEALTH CLINIC STATISTICS - 1986

Name of Clinic	Total Attendance	Total Number of Clinic Sessions	Average Attendance Per Session
Al Ritchie	160	12	13
City Health (Tues)	519	48	11
(Thurs)*	163	46	4
Clarence Mahon	377	23	16
Crescent	207	12	17
Evangelical	354	24	15
Glencairn Recreation Centre	768	26	30
St. Michael	153	23	7
Massey	606	23	26
W. C. How/Leisure Centre (last clinic Apr 24/first May 8)	393	22	18
Native Women's Centre	100	12	8
Peart	203	12	17
W. F. Ready	627	23	27
St. Andrew's	178	23	8
St. Charles	114	12	10
Branch Mon. PM	1,533	46	33
Tues. AM	1,085	48	23
Tues. PM	1,203	48	25
Wed. PM*	186	44	4
Thur. AM	1,065	51	21
Thur. PM	1,229	51	24
TOTAL	11,223	629	18

*Physician Clinics

Immunization and Communicable Disease Control



IMMUNIZATION AND COMMUNICABLE DISEASE CONTROL

Prevention through immunization and control of communicable diseases remain a basic concern of the department.

Immunization

Public health nurses administered 39,674 immunization procedures during 1986 to 23,708 individuals.

Immunization procedures by age groups in 1986 were as follows:

Infants	15,525
Preschool	14,112
School	8,243
Adults	1,794

The Hepatitis B Vaccine Program for Newborns initiated in 1985 became well established in 1986. This program provides passive and active immunization to newborns of mothers who are Hepatitis B surface antigen positive at the time of delivery. Seven infants entered the program in 1985 and nine in 1986.

The City of Regina Health Department continued to be the designated yellow fever vaccination centre for southern Saskatchewan. During 1986, 169 doses were administered. In all, 1,280 immunization procedures were administered to travellers.

Communicable Disease Control

The major communicable disease occurrence in 1986 was an outbreak of rash-associated illness which on investigation proved to be a mixture of measles, Rubella, and another virus or viruses. The outbreak began in January, peaked in May and ended in September. Over this nine month period, 1,368 reports of rash were received. Of these, 228 were proven by laboratory studies to be measles, 62 to be Rubella, and 11 to be neither, and, therefore, some other virus(es). An additional 473 cases met the criteria

for a diagnosis of clinical measles but were not proven by laboratory studies and forty-two cases were diagnosed by physicians as Rubella on clinical grounds. The majority of measles cases occurred in the 10 to 14 and 15 to 19 year age groups, the majority of whom had been immunized. The majority of Rubella cases, on the other hand, were almost exclusively confined to unimmunized males in the same age groups, 10 to 14 and 15 to 19. Regina's experience was similar to that of other Canadian cities which reported measles outbreak.

Outbreaks of infectious disease occurred in two nursing homes. Influenza type B, USSR-like was identified as the cause of respiratory illness in staff and residents in January. No infectious agent was identified as the cause of mild vomiting and diarrhea which occurred in November; however, the clinical picture suggested infection with the Norwalk virus.

There was considerable communicable disease activity amongst day care facilities during 1986. Fifteen day care centres required surveillance because of isolated reports of infectious disease. An additional two experienced outbreaks, one of diarrhea due to Shigella and the other of ringworm which spread into a kindergarten.

No cases of diphtheria, tetanus, polio, or typhoid were reported during 1986. However, for the first time in recent years, a case of whooping cough (pertussis) was reported. This occurred in a three month old infant who was up to date on his immunizations (had received one only) but not yet fully immunized.

Gastrointestinal infections due to bacterial agents - specifically Campylobacter, Salmonella, and Shigella showed an increase in 1986. The increased reporting for Shigellosis occurred in rural areas of Saskatchewan as well and the increased reporting for Salmonella was noted nation-wide. Increased reports of food poisoning most likely reflect the increase in Salmonella reporting.

Late in 1986, increased cases of flu-like illness were observed, particularly in several of our schools.

Viral studies identified the cause as Influenza type A-Taiwan. This is the re-emergence of a strain present prior to 35 years ago. Those over 35 years of age should, therefore, be immune to this influenza strain.

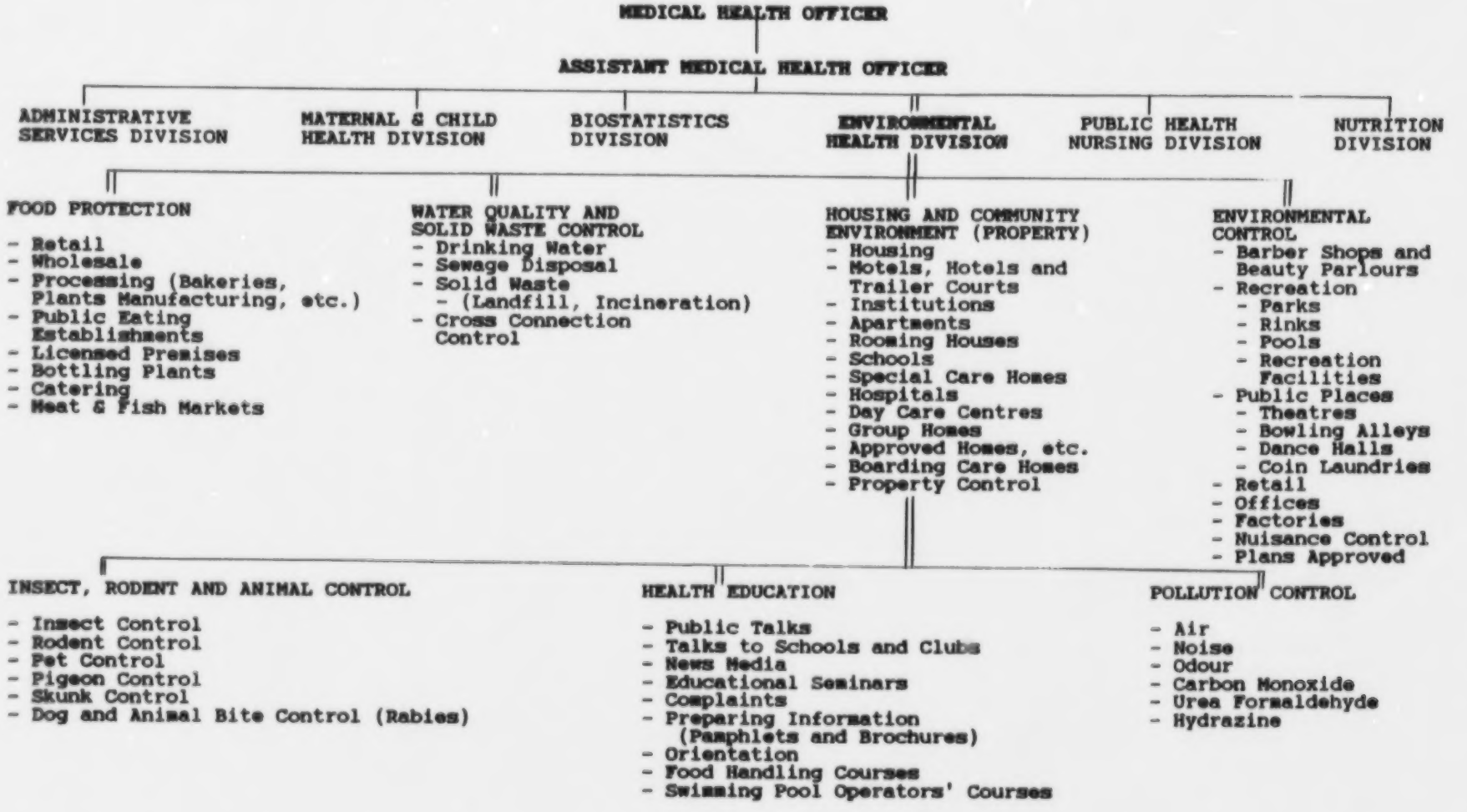
Although there were no cases of Western Equine Encephalitis in 1986, the incidence of viral meningitis/encephalitis increased from 7 in 1985 to 17 in 1986.

Of the sexually transmitted diseases, only Chlamydia showed an increase in incidence, 817 in 1986 as opposed to 289 in 1985. This increase most likely represents increased reporting related to the introduction this year of a new, very sensitive, rapid detection test.

Three cases of AIDS were reported in 1986, the same number as reported in 1985.

Environmental Health Division

CITY OF REGINA HEALTH DEPARTMENT - ENVIRONMENTAL HEALTH DIVISION - FUNCTIONAL ORGANIZATIONAL CHART



ENVIRONMENTAL HEALTH DIVISION

STAFF

This division has a full complement of eight District Public Health Inspectors, one Senior Public Health Inspector, one Chief Public Health Inspector and a Clerk Typist. No staff changes for 1986 were made. District changes were made starting January 1, 1986.

AIMS

The Environmental Health Division continues to strive to make our environment a healthier and safer place in which to live, by preventing health hazards from arising and by removing those hazards that do exist. Continuing efforts are being made to improve sanitation standards throughout the city by instructing and educating the public and enforcing legislation. During 1986, a total of 21,298 inspections, investigations, consultations and tests were done by the staff. A total of 1,522 complaints of various natures were attended to. This represented an increase of 362 over 1985.

FOOD CONTROL

The area of food control has been a priority in this division due to an increased number of complaints and heightened public interest. As a result of the growth of the city, more establishments have opened for business and these require public health inspectors' time. Complaints are largely related to food establishments, particularly cases of food poisoning or questions about food safety. At the end of 1986 there were a total of 463 public eating establishments in Regina. These required 2,744 inspections. There were four degradings and 31 eating establishments received written orders. Forty-six food poisoning episodes resulted in 91 individuals becoming ill. These outbreaks required thorough investigations.

There were 629 inspections made of grocery stores, meat markets, confectionaries, bakeries and food warehouses. Display and handling of bulk food items remain a great concern to our department.

Again this year an increased effort was made to upgrade all food establishments. Educational pamphlets and brochures have been developed as well as a 2 1/2 hour Food Handling Course. Seventeen foodhandling courses were taught in 1986 with 357 attending. The course has become very popular with the foodhandling operators. More are scheduled for 1987. It is hoped that we could reach every employee and operator in the foodhandling business. The establishments participating were: public eating establishments (207), day care centres (8), special care homes (33), clubs (9) and miscellaneous (100).

WATER SAMPLING

There were 657 water samples from the distribution system submitted for analysis. Also total and free chlorine readings were taken. Further testing for pH, temperature and turbidity was done as requested by the Department of Environment. Due to the numerous odour and taste complaints during the late summer, monitoring of water samples was necessary. The installation of a carbon filtration system has eliminated most of the odor and taste complaints. The potability of the water has greatly improved.

ENVIRONMENTAL HEALTH CONTROL

Poor housing and lack of proper maintenance continue to be a great concern in this division. A total of 1,864 housing and property inspections were made, resulting in 48 premises placarded as unfit for human occupation under the Public Health Act. Every effort is made to control slum dwellings. Twenty-three placarded premises were demolished and 33 placarded dwellings were repaired. It was interesting to note that in 1986 more of the placarded houses were repaired rather than having them demolished. The total number of non-modern dwellings remaining in the city at the end of 1986 was six.

There were 133 actions taken under Section 130 of the Urban Municipality Act for untidy and unsightly premises. Fourteen of these premises were cleaned up by the City's Department of Public Works and Engineering. Two actions were taken under Section 29

of the Public Health Act. Actions were taken by the City under Sections 124 and 132 of the Urban Municipality Act to demolish old housing or buildings and remove wrecked vehicles. These actions are certainly resulting in improvements in the control of unsatisfactory conditions within the city. The general public and community service groups continue to maintain pressure for better controls on housing and property maintenance.

Continued demands are made on this division for inspections and reports on institutions such as special care homes, schools, various types of group homes, boarding care homes and day care centres. Due to growing public interest in recreation and sports, more effort has once again been put into maintaining improved sanitary and safety standards in all public playgrounds, parks, rinks and swimming pools. Paddling pools were again refused permits. This resulted in having five of the seven converted into spray pools. The remaining two paddling pools remain a health concern.

CARBON MONOXIDE

Frequent carbon monoxide monitoring continued at our ice rinks during the fall and winter months. Tests were taken for carbon monoxide levels at various times of the day at each facility. The continuous readout equipment has proved very valuable in this monitoring. Very few problems are now noted due to the conversion of all ice equipment to propane and having this equipment properly tuned. A number of spot checks have also been done in homes where carbon monoxide was a possible concern. Some carbon monoxide problems have been dealt with at underground parkades.

RODENT AND PEST CONTROL PROGRAM

The continuing Rodent and Pest Control Program under contract has been very successful. A number of pests (gophers, rabbits, pigeons, rats, skunks, etc.) have been successfully controlled. This has once again been a very bad year for gopher problems. A decline in rats and an increase in skunk problems have also been noted.

Insect problems continue to be a concern. It appears that cockroaches are on the increase; bedbugs continue to be a problem, and sawtooth, grain beetle, meal moth, etc. are common.

OTHER INSPECTIONS

Regular inspections and control measures have been carried out in other areas such as offices, barber shops, beauty parlours, malls, arcades, pool rooms, clubs and other public facilities. The public health inspector keeps a constant watchful eye on any facility that is established in his district.

GENERAL

A total of 1,522 complaints have been received and investigated or referred to the proper authorities. Of these, 164 (11%) were directly related to the keeping of dogs. For example, yards are not kept clean; kennels are too close to neighbours' property; barking and the number of dogs on a property all contribute to complaints. Recommendations have been made as to the need to provide better legislation to control pets. The new Urban Municipality Act gives Council authority to draft bylaws controlling animals. Bylaws have been developed and enforced for the last six months of 1986, particularly dealing with kennel location and cleaning of kennels. This has helped in dealing with some of the problems.

Dog bites continue to be a problem; 259 bites were reported. The Federal Health of Animals Division, Department of Agriculture is now also involved in the follow-up and rabies control.

A total of 784 verbal notices and 402 written notices or orders were issued for the year.

One Public Health Inspector attended a two week upgrading course at the University of Saskatchewan, Saskatoon. This gives the Division the opportunity to keep up with the changing times and technology. It is strongly recommended that this practice continue.

COMMUNITY EDUCATION

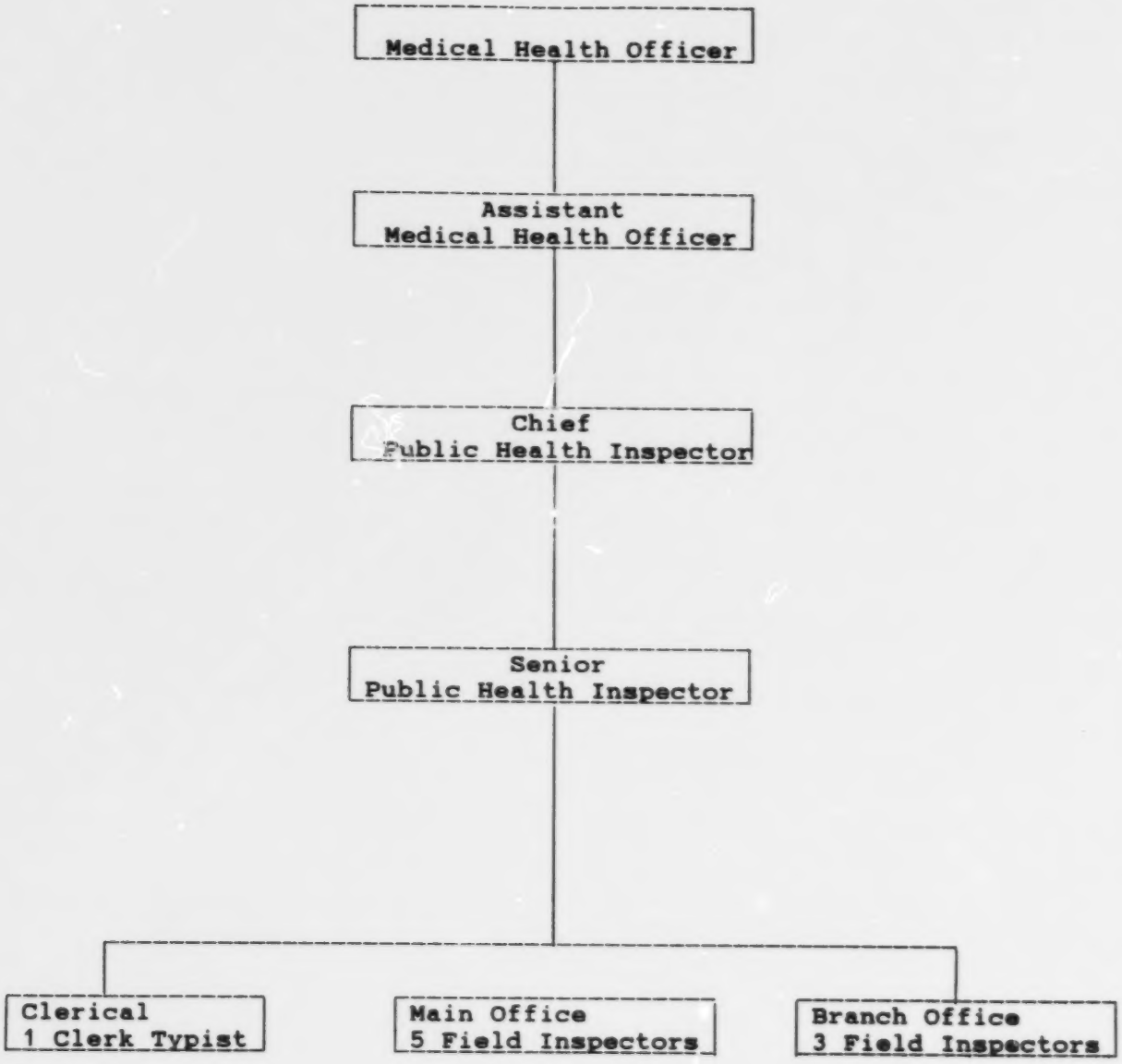
Foodhandling courses have been very successful and will be continued. A Swimming Pool Operator's course is proposed for the coming spring. A number of educational materials have been developed for our division regarding handouts for foodhandlers, insect control, flood control, etc.

A number of interviews were held with the Leader Post, radio and television stations dealing with housing, food poisoning, pest control, etc. The inspectors are encouraged to work closely with community groups.

SUMMARY

This division has had a very successful year. The inspectors greatly appreciate the co-operation from all other divisions within the department, other city departments, the general public, elected officials and government agencies.

ENVIRONMENTAL HEALTH DIVISION



ENVIRONMENTAL HEALTH DIVISION STATISTICS

1. Food-handling	1985	1986
Public eating establishments inspected	1752	1771
Licensed premises/beverage rooms, etc. inspected	393	424
Public eating establishments (itinerant) inspected	476	549
Public eating establishments closed	26	35
Public eating establishments opened	46	59
Public eating establishments - orders issued	36	31
Public eating establishments degraded	11	4
Number of Jamieson tests	17	438
Inspections of food manufacturing premises, bakeries, bottlers, meat processing	139	168
Stores inspected - grocery, meat, confectionery	402	461
Dairy products - complaints received	6	5
Food products condemned - quantity	18	29
Possible food poisoning investigations	29	46
- Number of individuals involved	56	91
- Food samples submitted to Laboratory	36	48
Laboratory examination of - (1) food samples	18	46
(2) water samples	752	657
Field tests - (1) Chlorine	1413	1275
(2) Others	2107	1826

2. Housing		
Inspections - (1) Commercial buildings	173	194
(2) Commercial properties	198	191
(3) Private dwellings	568	447
(4) Private properties	1705	1417
Inspections of apartment blocks, hotels, motels, trailer courts	191	216
Premises placarded	56	48
- Demolished	13	23
- Cards removed	49	39
Action initiated - Section 130 of the Urban Municipality Act	102	133
Action initiated - Section 29 of the Public Health Act	1	2
Miscellaneous - Formaldehyde testing, etc.	122	408

3. Institutions, Industries, Recreation Areas		
Inspections of Institutions, special care homes, day care centres, approved & boarding care homes, hospitals	217	234
Inspections of services, trades, industries, beauty parlours, barbers, laundromats	200	243

	1985	1986
Recreation areas - (1) Indoor - bowling, pool rooms, games arcades.	60	69
(2) Outdoor - parks	27	38
(3) Indoor ice arenas -		
(a) Inspection.	118	69
(b) CO testing.	129	70
(c) Other tests	95	70
(4) Swimming pools, paddling pools -		
(a) Inspection.	307	244
(b) Water samples (lab)		
(1) Routine bacterial.	213	194
(2) Pseudomonas.	2	6
(c) Closures.	11	1
(d) Field tests (pH, Chl., Alk.).	588	609
4. Insect, Rodent Control, Animal Bitings		
Insect - number of infestations.	91	87
Rodent calls reported (rats, mice)	71	70
Infestations confirmed	33	46
Skunk infestations reported.	4	11
Skunks exterminated.	1	3
Other wild animals reported - badgers, porcupines, fox, beaver, etc..	13	4
Pests reported - gophers, pigeons, rabbits, blackbirds, etc..	51	83
Pests exterminated	30	46
Animal bitings reported	227	259
5. Complaints	1160	1522
6. General		
Plans reviewed	231	221
Notices - (1) Verbal	689	784
(2) Written.	486	402
Consultation - (1) Personal.	1200	1214
(2) Telephone	1783	1928
Meetings - (1) General Staff -attendance	67	53
(2) Divisional -attendance	72	22
(3) Committee -attendance	96	53
Courses held - (1) Swimming pool operators, food-handling, etc.	22	23
(2) Number attended	450	470
Courses/seminars attended	25	29
Miscellaneous - (Court duty, etc.)	380	824

1 9 8 6 REPORT ON PLACARDED DWELLING UNITS

MONTH	DEMOLISHED	REPAIRED	TOTAL
January	4	3	7
February	4	1	5
March	-	2	2
April	-	-	2
May	-	1	1
June	1	3	4
July	1	3	4
August	5	6	11
September	5	5	10
October	2	-	2
November	-	2	2
December	1	5	6
TOTAL	23	33	56

COMPLAINTS RECEIVED - 1986

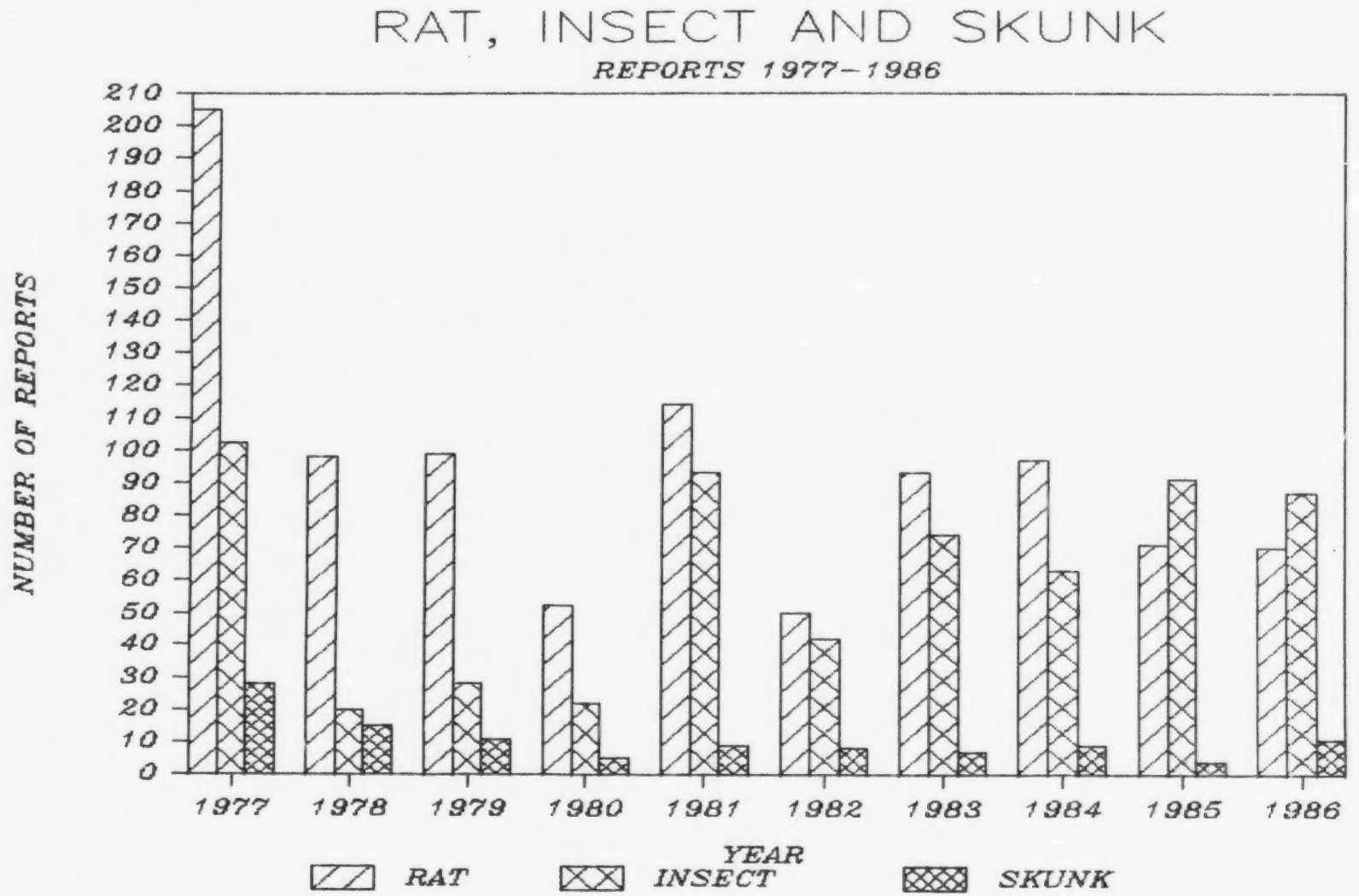
Month	Housing	Yards/ Properties	Yards Animal Related	Wild Birds, Pigeons	Wild Animals	Rats/Mice	Insects	Water	Food/ Food Stores	P.E.E.	Garbage/ Refuse	Public and Commercial Buildings	Recreation Areas	Air Pollution	Institutions	Schools	Miscellaneous	TOTAL
January	15	12	10	1	-	3	5	5	6	5	4	2	1	6	-	-	2	77
February	15	19	5	1	-	1	1	3	1	1	-	4	-	5	-	-	4	60
March	17	64	32	1	-	4	6	7	6	5	5	6	1	6	-	1	9	170
April	24	68	21	13	2	3	10	5	1	7	5	2	2	7	-	-	6	176
May	27	63	14	3	10	7	8	3	5	2	9	1	-	4	1	-	7	164
June	18	54	17	-	8	10	3	3	2	3	11	1	3	3	-	-	2	138
July	29	69	15	1	6	5	6	-	9	5	9	2	1	6	-	-	5	168
August	20	68	13	4	6	6	12	1	7	7	10	4	-	7	-	-	9	174
September	18	45	12	4	1	7	8	1	7	8	6	1	-	5	-	-	2	126
October	13	37	14	2	1	9	4	2	11	3	4	2	2	6	-	-	-	110
November	17	20	5	1	1	3	6	-	4	3	9	1	2	3	-	1	1	77
December	17	15	6	1	-	4	4	3	7	1	12	2	3	5	1	-	1	82
TOTAL	230	534	164	32	35	62	73	33	66	50	84	28	15	64	2	2	48	1522

NUMBER OF ANIMAL BITINGS REPORTED IN REGINA BY AGE GROUP - 1986

Age Group	Jan	Feb	Mar	Apr	May	June	July	Aug	Sept	Oct	Nov	Dec	Total	Percent
0-4	1	1	1	4	4	8	5	3	5	3	-	3	38	14.7
5-14	4	5	4	9	11	11	10	12	8	6	5	2	87	33.6
15-24	1	4	5	6	2	4	4	5	5	5	2	1	44	17.0
25-44	2	3	3	5	4	3	6	2	5	1	1	2	37	14.3
45-64	3	1	-	1	1	2	1	2	2	5	1	1	21	8.1
65+	-	-	-	1	-	1	2	1	1	1	-	-	7	2.7
Unknown	4	1	1	-	4	4	1	4	4	1	-	1	25	9.7
Total	15	15	14	26	26	33	29	29	31	22	9	10	259	100.0

REPORTED ANIMAL BITINGS - 1986

	Jan.	Feb.	Mar.	Apr.	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.	Total	Percent
Animal Not at Large	6	7	8	13	7	15	14	4	7	9	2	4	96	37.0
Animal at Large	4	4	4	7	10	10	5	10	9	8	3	-	74	28.6
Unknown	5	4	2	6	9	8	10	15	15	5	4	6	89	34.4
Total	15	15	14	26	26	32	29	29	31	22	9	10	259	100.0
Type of Animals														
Dogs	15	15	14	22	24	30	26	29	29	21	9	10	243	93.8
Cats	-	-	-	2	2	1	2	-	1	1	-	-	9	3.5
Rats	-	-	-	-	-	2	-	-	-	-	-	-	2	0.8
Bats	-	-	-	-	-	-	-	-	-	-	-	-	0	0
Skunks	-	-	-	-	-	-	1	-	-	-	-	-	1	0.4
Other	-	1	-	2	-	-	-	-	1	-	-	-	4	1.5
Total	15	15	14	26	26	32	29	29	31	22	9	10	259	100.0


RAT, INSECT AND SKUNK
REPORTS 1977-1986
NUMBER OF REPORTS
210
200
190
180
170
160
150
140
130
120
110
100
90
80
70
60
50
40
30
20
10
0
1977
1978
1979
1980
1981
1982
1983
1984
1985
1986
YEAR
RAT
INSECT
SKUNK

Nutrition Division

CITY OF REGINA HEALTH DEPARTMENT - NUTRITION DIVISION - FUNCTIONAL ORGANIZATIONAL CHART

NUTRITION DIVISION

The Nutrition Division has two positions, Senior Nutritionist and Nutritionist. The purpose of this division is to promote good health and help prevent lifestyle diseases through nutrition education. Nutrition services provided include consultations to the Regina general public, daycare centres, schools, colleges, university, hospitals, medical clinics, physicians, dentists, federal and provincial government employees, health department and other municipal employees and Regina organizations. Presentations on nutrition topics are provided, on request, to clubs and organizations, schools, daycare centres, weight control groups, community college classes, university students, 'Quit for Good' groups, employee retirement programs, and seniors' groups.

1986 Program highlights include the following:

- 1986 Nutrition Month promotions.
- Community Nutrition affiliation provided for two dietetic interns from Regina General Hospital.
- Community profile and strategic plan for 1986-87 prepared.
- Two nutrition publications revised.
- Inservices on nutrition updates for public health nurses established at a minumum of one every two months.
- Canadian Dietetic Conference held in Regina, June 1 - 5.
- HITTLINE tape "Nutrition For Toddlers and Preschoolers" revised.
- Consultations to the public increased in 1986 to 2,290, and there were no services deleted.

Innovations developed by this division during 1986 included the following:

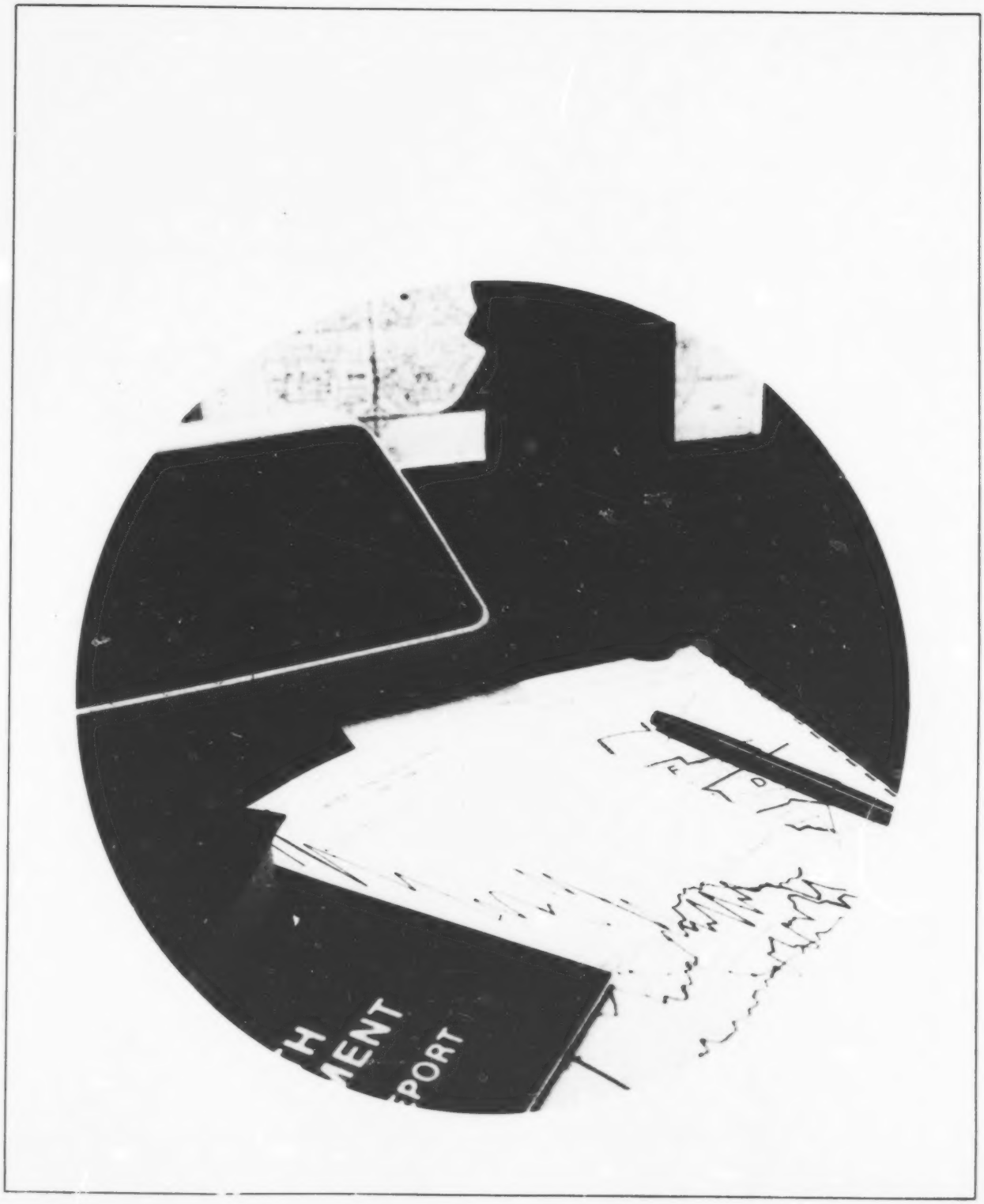
- Statistics recording simplified, computerized.
- Nutrition consulting for Healthiest Babies Possible was developed and piloted in cooperation with nursing division and Regina Native Women's Association.

- Regular television programming twice a month established in cooperation with CKCK - TV.
- "Nutrition Matters" weekly newspaper column established with Regina Leader-Post.
- Community programming piloted in cooperation with Parks and Recreation, Plains Community College, Regina Public Library.
- Questionnaire developed to assess needs of nursing division for nutrition inservices.
- Set of transparencies developed for prenatal classes, in cooperation with Saskatchewan Health.

NUTRITION DIVISION STATISTICS

	Total 1985	Total 1986
Nutrition Consultations	2,258	2,290
Group Presentations - number	91	110
- attendance	3,513	2,267
- time (hrs)	226	156
Inservice - number of sessions	6	8
- time (hrs)	14	6
Media Contacts (including radio, press, TV)	10	37
Therapeutic Diet Counselling - number	237	254
- time (hrs)	81	109
Resources Evaluated - number	105	66
- time (hrs)	71	47
Resources Developed - number	34	33
- time (hrs)	57	66
Meetings - number	111	114
- time (hrs)	223	172
Continuing Education - time (hrs)	90	296
Orientation - time (hrs)	107	119

Biostatistics Division



CITY OF REGINA HEALTH DEPARTMENT - BIOSTATISTICS DIVISION - FUNCTIONAL ORGANIZATIONAL CHART

MEDICAL HEALTH OFFICER

ASSISTANT MEDICAL HEALTH OFFICER

- **ADMINISTRATIVE SERVICES DIVISION**
- **NUTRITION DIVISION**
- **BIOSTATISTICS DIVISION**
- **PUBLIC HEALTH NURSING DIVISION**
- **ENVIRONMENTAL HEALTH DIVISION**

COMPUTER APPLICATIONS
- Demographic health data
- Management information data
- Program data
- Workload statistics

STATISTICS
- City of Regina demographic & health related statistics (population, births, deaths, communicable disease)
- Production of monthly & annual statistical reports
- Statistical analysis by variables
- Statistical reports
- Maintenance of statistical resources (e.g. Census reports)
- Assistance to divisions

RESEARCH AND PLANNING
- Research of specific health related subjects
- Preparation of reports
- Surveys
- Assistance to divisions
- Program evaluation
- Maintenance of reports and legislation

HEALTH DEPARTMENT INFORMATION
- Health Department Annual Report
- Department pamphlet
- Information for community directories
- Rally Regina
- Provincial annual report

QUIT FOR GOOD PROGRAM
- Monthly programs at Health Department
- Staff training and administration
- Resource materials
- "Quit for Good" in the workplace prog.
- Promotion of program & National Non-Smoking Week
- Consultant regarding smoking

HEALTH PROMOTION

PREPARATION OF HEALTH EDUCATION MATERIALS
- Displays
- Pamphlets
- Handout materials

MEDIA
- Interviews
- Public service announcements
- Print
- Radio
- TV

BOARDING CARE HOME BYLAW (No. 5128)
- New license applications
- Annual license renewal
- Follow-up complaints
- Liaison with Continuing Care Division (Saskatchewan Health)
- Reports regarding pending provincial legislation

BIOSTATISTICS DIVISION

RESPONSIBILITIES

The Biostatistician maintains a data base of health statistics for the department and acts as a resource person for data collection procedures. In particular, she monitors, analyzes and interprets birth, death and communicable disease statistics.

The role of the Biostatistician involves co-operation in research and planning for the Health Department. She assists the divisions in evaluating on-going programs and in researching new areas of health concern. The Biostatistician may also assist in or directly plan programs to meet the changing needs of the community. The evaluation of health-related bylaws and legislation is also within the scope of this division.

The Boarding Care Home Bylaw is administered by this division and assistance is given to the Buildings and Properties Department in the administration of Bylaw No. 6849 (respecting smoking in public places.) The division is also involved in activities related to the promotion of the Health Department and its programs. In addition, Quit For Good, a smoking cessation program, is administered by this division.

HEALTH STATISTICS

A section containing relevant health statistics for the City of Regina can be found on page 14 of this report. Statistics concerning the incidence of certain communicable diseases can also be found on page 25. A discussion of the latter can be found in the Immunization and Communicable Disease Control section of this report.

Assistance in collecting and maintaining workload and other statistics was given to various divisions in the health department.

COMMUNITY CARE HOMES

The Health Deparment administers the Regina Boarding Care Home Bylaw (No. 5128). This bylaw licenses boarding care homes which care for one to

three senior citizens. Homes caring for 4 to 15 senior citizens are under the jurisdiction of the provincial Department of Health. They are not licensed.

In 1986, new legislation to license these homes was drafted and introduced to the Legislature by Saskatchewan Health. Unfortunately, the legislation was tabled and did not receive final passage. It is expected that it will be reintroduced in 1987. This legislation would be most welcome and would help to ensure standards of care for senior citizens in Regina.

SURVEYS AND REPORTS

This division is involved in the investigation of various areas of concern. During 1986, a major report reviewing Bylaw No. 6849 (respecting smoking in public places) was submitted to the Community Services Committee and City Council. In addition, work continued on the Regina Health Survey. A final report will be completed in 1987.

COMPUTER APPLICATIONS

Regina has joined the increasing number of Canadian health departments who are facilitating the delivery of preventive health services by means of computer applications. During 1986, the reporting of monthly and annual statistics maintained by this division was greatly facilitated through use of the computer. In addition, plans for the development of programs for other divisions were also made. In particular, a program to deal with communicable disease records was developed.

DEPARTMENT PROMOTION AND HEALTH EDUCATION

The promotion of the Health Department and its programs and services is an important goal. This division is involved in the production and organization of materials to be used in advertising and promotion. These include the following:

(1) Information for community directories
(2) Information for the employee newsletter.
(3) Contribution to the provincial Health Department's annual report.

(4) The Health Department annual report.
(5) Advertising department programs utilizing City water bills.
(6) Promotion of Canada Health Day.

Assistance was also given in the development of program materials including pamphlets and displays.

SMOKING

As part of its focus towards preventive health, the Health Department has become involved in "Canada's number one preventable health problem".

1. Smoking Cessation

Quit For Good, a smoking cessation program (developed by the Health Department with the assistance of a grant from Health and Welfare Canada) is run approximately once a month. Advice and information is also given to individuals who contact the department.

During 1986, a number of requests were received from workplaces who wished to provide their employees with a smoking cessation program. In response to this demand, the Quit for Good program was packaged and new staff hired and trained to run programs in the workplace. A number of these were held in 1986, and it is expected that the demand for the programs will increase in 1987. Of note is the fact that the programs are administered on the basis of cost recovery, with the City recovering the total cost of the program from fees paid by the businesses.

Another journal article about the Quit for Good program, Characteristics Affecting Successful Outcome in the Cessation of Smoking, was published in the International Journal of Addictions.

2. Saskatchewan Interagency Council on Smoking and Health

The Biostatistician represents the Health Department on the Saskatchewan Interagency Council on Smoking and Health and is Vice-President of the

organization. The Council is seen as a very vital and necessary voice in the area of smoking and health.

3. National Non-Smoking Week (January 15 to 21)

The promotion of National Non-Smoking Week has become an annual event which is well-recognized by the public and the media. Over the last few years, it has become evident that the trend towards non-smoking environments and healthy lifestyles has escalated.

This year, National Non-Smoking Week in Regina was marked by the following events:

* Banner over Albert Street Bridge
* Display at the Cornwall Centre
* Resource materials to health professionals and the public
* Press Kits for the media
* Promotion of the week within the school system
* Smoking cessation programs at the Health department
* Assisted CJME with promotion of smoking cessation
* Development of Fact Sheet and Support for Smokers sheet
* Numerous interviews with the media by the Biostatistician and other Quit for Good staff.

4. City of Regina Bylaw No. 6849 - Respecting Smoking in Public Places

The above bylaw is administered by the Department of Buildings and Properties. However, this division also provides assistance in answering inquiries regarding interpretation of the bylaw.

In 1986, a major report reviewing this bylaw was submitted to City Council and several recommendations were passed. Implementation of these recommendations occurred during 1986 and included the following:

* Exploration of the feasibility of achieving

City Hall and department workspace as a smoke-free environment within one year:
- A steering committee was formed to review this subject. An employee survey was developed and a model for a "Smoke in the Workplace" committee was suggested. It is expected that implementation of the policy will occur in 1987.

* Assessment of Regina restaurants with respect to non-smoking areas: In 1986, 90 or 26% of restaurants in Regina provided a non-smoking area. Most of these appear to fall into the category of "family style" or "fast food" restaurants. In 1986, the Saskatchewan Restaurant and Foodservice Association in conjunction with the Saskatchewan Medical Association began promoting a program "Fresh Air Sections" for restaurants. The purpose of this program was to encourage restaurants to provide non-smoking sections for their patrons. It has been suggested that it would be appropriate for time to be given such that this promotion may be effective. Hopefully, as a result of this campaign, the number of restaurants with non-smoking areas will increase over the next year.

* Research and development of a program to assist pregnant women to quit smoking: Preliminary work on this program has been done.

* A public awareness campaign concerning the following:
  - the hazards of smoking,
  - the adverse effects of second-hand smoke,
  - Bylaw No. 6849.

  This campaign included radio and newspaper advertisements, pamphlets concerning second-hand smoke, new bylaw signs, including specialized signs for taxis and City arenas. In addition, 2000 posters promoting understanding of and compliance with the bylaw were printed and distributed.

5. Smoke in the Workplace

During 1986 there was a substantial increase in the number of inquiries regarding second-hand smoke in the workplace. Information was supplied to the public concerning evidence about the hazards of secondary smoke and methods of developing and implementing policies. A number of media interviews were also done.

Because of the large number of inquiries, a conference concerning this subject was held in October.

6. "Smoke in the Workplace - A Conference to Clear The Air!"

The purpose of this conference was to provide information concerning the effects of second-hand smoke, the legalities associated with the smoking issue and the development, promotion and implementation of non-smoking policies in the workplace. The conference was a true model of community cooperation with a number of sponsors including the City of Regina, Saskatchewan Health, S.A.D.A.C. and the Saskatchewan Interagency Council on Smoking and Health as well as Saskatchewan Power, Sask Oil and many others. Keynote speaker was Garfield Mahood, Executive Director of the National Non-Smokers' Rights Association, who spoke on the "smoke in the workplace issue" as being "one of the major enviromental issues of our time." Other speakers at the conference included Neil Collishaw from Health and Welfare Canada (Ottawa), Herb Mills from the Insurance Corporation of British Columbia, Arlene Draffin-Jones from the Manitoba Lung Association, Paul Korpan, a Regina lawyer and a number of other speakers who represented organizations that had adopted non-smoking policies.

Topics dealt with at the conference included: effects of smoke in the workplace (physical and financial), legal implications, types of policies and methods of implementation.

The conference was well-attended by over 130 persons and conference participants indicated that it had been valuable in assisting them to develop and implement policies.

Business Office

BUSINESS OFFICE

The budget preparation and control, all purchasing, building maintenance and security are primary functions of the business office. These responsibilities are carried out by a clerk VI, a clerk-steno, a clerk typist and two caretakers at the central office and a clerk typist and a caretaker at the branch office.

The 1986 operating budget totalled $2,690,700. This was offset by an amount of $692,200 received in provincial grants and miscellaneous fees. Our operating budget is 94% personnel services and the remaining 6% is for operating expenses. The provincial government per capita health grant is set at $3.35 based on the SHSP population of 176,231 for a total of $590,400. Other grants are received for ongoing programs of contact tracing of sexually transmitted diseases ($2,000), monitoring of clients receiving SAIL equipment ($32,900), and a special projects grant ($56,400). The grants make up 25% of the $15.27 per capita cost of providing health services to the Regina citizens. The financial statement is on the following page.

FINANCIAL STATEMENT

AT DECEMBER 31, 1986

EXPENDITURES

Salaries	$2,214,800	
Contributions to Civic Pension	118,300	
Canada Pension Plan	27,100	
Unemployment Insurance	53,900	
Professional Memberships	6,700	
Car Allowances	96,100	
Uniforms	11,600	
Honorariums, wages	3,500	
Supplies and materials	30,200	
Laundry	1,000	
Reference books and subscriptions	3,100	
Education and training publications	10,400	
Audio-Visual materials	700	
Seminars, conventions, business trips	11,000	
Printing and duplicating	18,800	
Office furniture and equipment	5,300	
Equipment maintenance	2,600	
Postage/freight	900	
Repairs and building maintenance	10,800	
Telephone	22,100	
Electricity and gas	21,300	
Water and sewer	1,300	
Contracts and miscellaneous	7,200	
Advertising	200	
Computer services - Systems	8,000	
Grant - Healthiest Babies Possible Program	3,800	
TOTAL		$2,690,700

REVENUE

Fees:		
Boarding Care Home license fees	300	
Medical Services fees (immunization)	5,400	
Other fees - burial permits $ 100		
- registration fees 4,700	4,800	10,500
Grants:		
Provincial Per Capita	590,400	
Special Projects	56,400	
SAIL	32,900	
Venereal Disease Control	2,000	681,700
TOTAL REVENUE		$ 692,200
From City revenue		$1,998,500
		$2,690,700